



BlueCross  
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of Wisconsin



CompcareBlue  
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# Preventive Health Guidelines



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## PREVENTIVE HEALTH GUIDELINES

**B**lue Cross Blue Shield of Wisconsin and CompcareBlue<sup>SM</sup> believe it is important to help our members maintain their health over their lifetime through routine screening and early detection of disease. That is why we have adopted Preventive Health Guidelines based on the recommendations developed by the United States Preventive Services Task Force, the American Academy of Pediatrics, the CDC's Advisory Committee on Immunization Practices, and the American Cancer Society. Although there is a wide variety of preventive services, and differing opinions on when and how often screening should be performed, we have chosen these age-specific guidelines for our members.

Please note that these guidelines are being recommended for people who are healthy and do not have any risk factors. They do not replace the sound clinical judgment of your doctor. Additional preventive services and screenings may be needed based upon your individual risk factors and family history. Also, benefit coverage for screening services may vary depending on your individual plan.

We would like you to review the preventive health guidelines that are being recommended for you and your family. Discuss your health history and your risk factors with your doctor so the preventive screenings can be individualized for you and your family members.



# PREVENTIVE HEALTH GUIDELINES FOR ADULTS

These guidelines are based on research studies. They describe a basic level of care to prevent illness in the average person. They do not replace your doctor's advice. Your doctor's plan for you may be different because of factors that affect your health.

*All items are from the U.S. Preventive Services Task Force (USPSTF) unless another source is given.*

MEN & WOMEN	AGE												
	Years	20	25	30	35	40	45	50	55	60	65	70+	
History <sup>1</sup> & Physical Exam	← Every so often →												
Blood Pressure	← At least every 2 years →												
Cholesterol <sup>2</sup> (Men)													← At least every 5 years →
Cholesterol <sup>2</sup> (Women)													← At least every 5 years →
Overweight (Height & Weight)	← Every so often →												
Colorectal Cancer <sup>3</sup> • Fecal occult blood annually <b>and/or</b> • Sigmoidoscopy every 5 years <b>or</b> • DCBE every 5 years <b>or</b> • Colonoscopy every 10 years													← Periodic →
Eyesight (Vision Test)													Every so often
Hearing (Questions)													Every so often
<b>WOMEN</b>													
Mammogram <sup>4</sup>													← Every 1-2 years →
Clinical Breast Exam (CBE) <sup>5</sup>		← At least every 3 years →											← Every year →
Self Breast Exam (SBE) <sup>5</sup>		← Every month →											
Pap Test <sup>6</sup> (If had or having sex)		← Every 1-3 years →											
Chlamydia <sup>7</sup> (If having sex)		Every year											
Osteoporosis													Every so often

Please note: People with higher risk of getting sick are not covered in this guideline.

- Notes:
- 1 – Includes screening every so often for depression, problem drinking and tobacco use by asking questions.
  - 2 – National Cholesterol Education Program (NCEP) of the National Heart, Lung and Blood Institute.
  - 3 – American Cancer Society
  - 4 – Best age to stop testing is not known. Discuss it with your doctor as you get older.
  - 5 – American Cancer Society
  - 6 – Stop screening after age 65 if repeated normal results and no other risks.
  - 7 – The American College of Obstetricians and Gynecologists.

NOTE: Your actual insurance benefit may allow for testing more often.



# IMMUNIZATIONS FOR ADULTS

THE ADULT IMMUNIZATION SCHEDULE IS FROM THE U.S. ADVISORY COMMITTEE ON IMMUNIZATION PRACTICES (ACIP)

Obtain vaccinations as recommended by your healthcare provider using the following as a guide.

IMMUNIZATION	AGE											
	Years	20	25	30	35	40	45	50	55	60	65	70+
Tetanus – Diphtheria Booster (Td) (Lockjaw)	←————— Every 10 years —————→											
Varicella (Chicken Pox)	←————— People who can get chicken pox only <sup>1</sup> —————→											
Rubella (German Measles)	←————— Women able to have a baby & adults who were not immunized as a child <sup>2</sup> —————→											
Hepatitis B (Liver Disease)	←————— Adolescents, young adults & people with multiple sex partners —————→											
Influenza (Flu Shot) <sup>3</sup>										←————— Every year —————→		
Pneumococcal (Pneumonia Shot)												Once <sup>4</sup>

Notes:

- 1 – Varicella - For all adults who never had chicken pox and/or test for being protected was negative.
- 2 – Rubella - Adults who did not get all the shots needed as a child. Women able to have a baby who were not immunized, or test for protection was negative. Giving Rubella vaccination to pregnant women is not recommended.
- 3 – Flu shot - Some younger people with medical problems such as diabetes, heart disease or asthma may also need it.
- 4 – Pneumonia - Some people may need a second dose if they got their first dose before age 65. Elderly people who are unsure if they ever received a shot should get a new shot.

## ADVICE TO PREVENT ILLNESS OR INJURY

Research has shown the health benefits of doing these things to stay healthy. These items are from the U.S. Task Force on Preventive Health Services.

TOPIC	ITEMS TO DISCUSS WITH YOUR DOCTOR OR NURSE
Injury Prevention	<ul style="list-style-type: none"> <li>■ Wearing lap/shoulder belts in cars</li> <li>■ Wearing helmet when riding a bicycle, motorcycle, ATV</li> <li>■ Smoke detector that works in house</li> <li>■ Safe storage of guns, or not having guns</li> <li>■ Look for ways to prevent falls for people age 65 &amp; over</li> <li>■ Set hot-water heater temperature less than 120-130 degrees F (age 65 &amp; over)</li> <li>■ CPR training for people living in house with someone age 65 &amp; over</li> </ul>
Diet & Exercise	<ul style="list-style-type: none"> <li>■ Limit fats &amp; cholesterol; maintain balance between food &amp; activity; eat more grains, fruits, vegetables</li> <li>■ Regular physical activity</li> <li>■ Get enough calcium (women)</li> <li>■ Obese adults – intensive sustained weight-loss programs</li> </ul>
Substance Use	<ul style="list-style-type: none"> <li>■ Avoid tobacco use; Stop tobacco use (such as smoking)</li> <li>■ Avoid underage drinking &amp; other drug use</li> <li>■ Avoid alcohol or drug use while driving, swimming, boating, etc.</li> </ul>
Dental Health	<ul style="list-style-type: none"> <li>■ Regular visits to dentist</li> <li>■ Floss, brush with fluoride toothpaste every day</li> </ul>
Sexual Behavior	<ul style="list-style-type: none"> <li>■ Prevent diseases spread by sex (STD): avoid high-risk behaviors; use condoms or female barrier with spermicide</li> <li>■ Prevent unplanned pregnancy: birth control (contraception)</li> </ul>

Watch for: • Depression symptoms; thoughts of killing self • Any kind of family violence • Signs of drug abuse • Circulation problems in arms, legs, feet & hands • Skin cancer • Cancer in mouth • Thyroid problems



# GUIDELINES FOR PRENATAL CARE

Prenatal Care: History and physical exam are completed at the first prenatal visit. Follow-up visits (determined by individual needs and risk assessment) are every four (4) weeks during first 28 weeks, every two (2) to three (3) weeks during 29 to 36 weeks, and weekly from 37 weeks to delivery.

SCREENING AND TESTING EARLY IN PREGNANCY	SCREENING AND TESTING AT FOLLOW-UP VISITS	COUNSELING
■ Vital Signs	■ Vital Signs	■ Smoking Cessation
■ Bacteriuria Screen	■ Genital Herpes	■ Alcohol/Substance Abuse
■ Chlamydia (1) ■ Syphilis (2) ■ Gonorrhea (3)	■ Chlamydia (1) ■ Syphilis (2) ■ Gonorrhea (3)	■ Nutrition, Vitamins, Folic Acid, Calcium Intake
■ Pap Smear-unless documented in the last 6 months	■ Group B Streptococcus (GBS) Culture at 35-37 weeks gestation	■ Caffeine Intake
■ Blood Group (ABO) and Rh Type	■ Syphilis (3) Gestational Diabetes	■ Use of Seat Belts
■ Hemoglobin or Hematocrit	■ Bacterial Vaginosis	■ Home Safety
■ Red Cell Antibody Status	■ Hemoglobinopathies	■ Infant Safety Seats
■ Hepatitis B Screening	■ Toxoplasmosis Titer	■ Over-the-Counter Drug Use
■ Vaccination History-Varicella and Rubella Immunity Status	■ Tuberculosis	■ Encourage Breast Feeding
■ Offer Human Immunodeficiency Virus (HIV) Testing	■ Assess Risk and consider Ultrasound between 18 and 20 weeks	■ Exercise and Pregnancy
	■ Tay-Sachs and Canavan Disease Carrier Status	■ Sexual Activity and STD Prevention
	■ Offer Maternal Serum (MS) Alpha Fetoprotein (AFP) for Neural Tube Defects between 15-20 weeks	■ Safety-Domestic Violence, Psychological Stress
	■ Offer Multiple Marker Screening for Chromosome Disorders between 15-20 weeks	■ Toxoplasmosis Prevention ■ Varicella precautions if Negative history
	■ Offer Amniocentesis between 15-18 weeks for > or = 35 years of age	■ Fetal Development and Danger signs with Pregnancy
	■ Vaccinations Needs-influenza, pneumovax, hepatitis B, tetanus/diphtheria and other based on risk factors (travel, exposure)	■ Signs of Labor and Childbirth Process

1. Routine at first prenatal visit, repeat for high-risk women in 3rd trimester.
2. Routine at first prenatal visit, repeat for high-risk women @ 28-30 weeks and @ delivery.
3. For high-risk women, screening is performed early in pregnancy and in the third trimester.

**References:**

Wisconsin Association for Perinatal Care, The American College of Obstetricians and Gynecologists, State of Wisconsin Department of Health and Family Services, and Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents.



# PREVENTIVE HEALTH GUIDELINES FOR CHILDREN

These guidelines are based on research studies. They describe a basic level of care to prevent or watch for illness in the average person. They do not replace your doctor's advice. Your doctor's plan for your children's may be different because of factors that affect their health.

Unless noted, all items are from the U.S. Preventive Services Task Force (USPSTF). Healthy check visit ages are from the American Academy of Pediatrics (AAP). Lead-poisoning items are from the Wisconsin Department of Health and Family Services.

<p><b>Baby</b></p> <p>Age 2 days through 17 months</p>	<ul style="list-style-type: none"> <li>■ Healthy check visits at 2-3 days, by 1 month, at 2, 4, 6, 9, 12, and 15 months. Assess how the child is growing and developing. Watch for signs of illness. Discuss healthy activities.</li> <li>■ Measure head size (around head at forehead) until 24 months old.</li> <li>■ Monitor height &amp; weight.</li> <li>■ Assess risk of lead poisoning at 12 months by asking “4 Easy Questions” (see below).</li> <li>■ Immunizations: See Immunization Table.</li> <li>■ Blood test to screen for anemia (hemoglobin or hematocrit) once between 9-12 months.<sup>1</sup></li> </ul>
<p><b>Toddler &amp; Young Child</b></p> <p>Age 18 months to 4 years</p>	<ul style="list-style-type: none"> <li>■ Healthy check visit at 18 months, 2, 3 and 4 years. Assess how the child is growing and developing. Watch for signs of illness. Discuss healthy activities.</li> <li>■ Monitor height &amp; weight. Measure head size until 24 months old.</li> <li>■ Monitor blood pressure, starting at age 3 and yearly thereafter.<sup>2</sup></li> <li>■ Check eyes for lazy eye and poor vision between ages 3 &amp; 4.</li> <li>■ Check hearing by asking questions &amp; physical exam. Hearing test (audiogram) if having trouble hearing.</li> <li>■ Assess risk of lead poisoning at 24 months by asking “4 Easy Questions”. Keep asking until age 6.</li> </ul> <p><b>4 EASY QUESTIONS FOR TO LOOK FOR RISK OF LEAD POISONING ARE:</b></p> <ol style="list-style-type: none"> <li>1. Does child now live in or visit a house (or building) built before 1950? Have they ever in the past? (e.g. daycare, home of friends, grandparents, or other relatives)?</li> <li>2. Does the child now live in or visit a house (or building) built before 1978 with recent or ongoing renovations? Have they ever lived in such a building in the past?</li> <li>3. Does the child have a brother, sister or playmate who has/had lead poisoning?</li> <li>4. Is the child enrolled in (or eligible for) Medicaid, HealthCheck or WIC?</li> </ol> <ul style="list-style-type: none"> <li>■ Immunizations: See Immunization Table</li> </ul>
<p><b>School Age Child</b></p> <p>Age 5 -12 years</p>	<ul style="list-style-type: none"> <li>■ Healthy check visit at 5, 6, 8, 10, 11, and 12 years. Assess how the child is growing and developing. Watch for signs of illness. Discuss healthy activities.</li> <li>■ Monitor weight and height.</li> <li>■ Monitor blood pressure.<sup>2</sup></li> <li>■ Ask questions about hearing and vision problems.</li> <li>■ Assess for risk of lead poisoning until age 6 (ask “4 Easy Questions” - see above).</li> <li>■ Immunizations: See Immunization Table</li> </ul>
<p><b>Teenager</b></p> <p>Age 13-18 years</p>	<ul style="list-style-type: none"> <li>■ Healthy check visit at 13, 14, 15, 16, 17 and 18 years. Assess how the child is growing and developing. Watch for signs of illness. Discuss healthy activities.</li> <li>■ Monitor height and weight.</li> <li>■ Monitor blood pressure.<sup>2</sup></li> <li>■ Ask questions about hearing and vision problems.</li> <li>■ For girls who are (or were ever) sexually active: pelvic exam with pap test and test for chlamydia infection.</li> </ul>

Factors that make children at higher risk of getting sick are not covered in this guideline.

Notes: 1 – American Academy of Pediatrics  
2 – Consistent with Health Check; American Academy of Pediatrics



# RECOMMENDED CHILDHOOD & ADOLESCENT IMMUNIZATION TABLE

THE CHILDHOOD AND ADOLESCENT IMMUNIZATION SCHEDULE IS APPROVED  
BY THE ADVISORY COMMITTEE ON IMMUNIZATION PRACTICES (ACIP),  
THE AMERICAN ACADEMY OF PEDIATRICS AND THE AMERICAN ACADEMY OF FAMILY PHYSICIANS

Obtain vaccinations as recommended by your healthcare provider using the following as a guide.

VACCINE	Range of Recommended Ages										Preadolescent Visit			
	Years	Birth	1 Mo	2 Mos	4 Mos	6 Mos	12 Mos	15 Mos	18 Mos	24 Mos	4-6 Yrs	11-12 Yrs	13-18 Yrs	
Hepatitis (Hep B)		HepB #1	HepB #2		HepB #3									
Diphtheria, Tetanus, Pertussis (DTP)			DTP	DTP	DTP		DTP				DTP	Td		
Haemophilus Influenzae Type B (Hib)			Hib	Hib	Hib	Hib								
Inactivated Polio (IPV)			IPV	IPV	IPV						IPV			
Measles, Mumps, Rubella (MMR)						MMR #1					MMR #2			
Varicella (Chicken Pox)						Varicella								
Pneumococcal (PCV)			PCV	PCV	PCV	PCV								
Influenza					Influenza (yearly)									



# ADVICE TO PREVENT ILLNESS OR INJURY

Research has shown the health benefits of doing these things to stay healthy.  
These items are from the US Task Force on Preventive Health Services.

## FOR PARENTS & CHILDREN

(based on age of child)

TOPIC	ITEMS TO DISCUSS
Preventing Injury	<ul style="list-style-type: none"> <li>■ Infant: safe positioning. (on back for sleeping)</li> <li>■ Child safety car seats (less than 5 years of age)</li> <li>■ Lap/shoulder belts (age 5 years and older)</li> <li>■ Wear bicycle/ motorcycle/ ATV helmets; avoid riding bicycle near traffic</li> <li>■ Smoke detector, flame retardant sleepwear</li> <li>■ Set hot-water heater temperature less than 120-130 degrees F</li> <li>■ Window/stair guards; fence around pool</li> <li>■ Safe storage of drugs, matches &amp; things with poisons in them (such as cleaners)</li> <li>■ Safe storage of guns. No guns (firearms)</li> <li>■ Poison control center number 1-800-815-8855</li> <li>■ Syrup of ipecac only if Poison Control Center tells you to use it</li> <li>■ CPR training for parents &amp; caretakers (babysitters)</li> </ul>
Diet & Exercise	<ul style="list-style-type: none"> <li>■ Breastfeeding; iron-rich formula &amp; foods (infant &amp; toddlers)</li> <li>■ Limit fats &amp; cholesterol; maintain balance between food &amp; activity; eat more grains, fruits, vegetables</li> <li>■ Regular physical activity</li> </ul>
Substance Use	<ul style="list-style-type: none"> <li>■ Effects of being around people smoking (passive smoking)</li> <li>■ Anti-tobacco message, do not smoke</li> <li>■ Avoid tobacco use (including smokeless tobacco &amp; snuff)</li> <li>■ Avoid underage drinking &amp; other drug use</li> <li>■ Avoid using alcohol or drugs while driving, swimming, boating, etc.</li> </ul>
Dental Health (Teeth & Gums)	<ul style="list-style-type: none"> <li>■ Regular visits to dentist</li> <li>■ Floss, brush with fluoride toothpaste every day</li> <li>■ Dental fluoride supplements in areas that do not have enough fluoride in the water</li> <li>■ Prevent baby-bottle tooth decay</li> <li>■ Get enough calcium (girls)</li> </ul>
Sexual Behavior	<ul style="list-style-type: none"> <li>■ Prevent diseases spread by sex (STD): abstinence; avoid high-risk behaviors; use condoms or female barrier with spermicide</li> <li>■ Prevent unplanned pregnancy: abstinence, birth control (contraception)</li> </ul>

Watch for: • Depression symptoms; thoughts of killing self • Any kind of family violence • Alcohol/drug abuse • Skin cancer  
• Large curve in spine

