

2009

Adult Wellness Guidelines

Unless indicated otherwise, these are suggested guidelines for asymptomatic, low-risk persons.

These suggestions should not be used as a substitute for the medical care and advice of your doctor.

Benefit plans may not cover these services.



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All immunization and preventive health care information contained in these charts is based on recommendations from groups such as the Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP), the American Cancer Society (ACS) and the Texas Department of State Health Services.



Adult Preventive Medicine 2009

		Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
Cholesterol Screening	Men & Women	Starting at age 20, every 5 years	Every 5 years	Every 5 years	Every 5 years
Blood Pressure	Men & Women	At least every 2 years			
Weight	Men & Women	Every 1-3 years			
Body Mass Index (BMI)	Men & Women	Every 1-3 years			
Hearing	Men & Women				Yearly
Vision	Men & Women				Yearly
Pre-Diabetes and Diabetes Screening	Men & Women		Age 45 and older should consider getting checked for diabetes every 3 years. Regardless of age, people with high blood pressure or high cholesterol should be checked for diabetes.		
Stool for Occult Blood	Men & Women			Yearly or at doctor's discretion A colonoscopy should be done if results are positive.	
Colon Cancer Screening	Men & Women			Double contrast barium enema every 5 years or flexible sigmoidoscopy every 5 years or colonoscopy every 10 years	

Your doctor is a good resource for information about nutrition, exercise, dental health, smoking cessation, substance abuse, sexual behavior/sexually transmitted diseases, domestic violence, depression and accident/injury prevention.



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Adult Preventive Medicine 2009

		Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
Testicular Exam	Men	Yearly—part of physical exam			
Clinical Prostate Exam/PSA	Men			Yearly	
Osteoporosis Screening (Bone Mineral Content)	Women				Regularly starting at age 65, or at doctor's discretion if risk factors are present
Clinical Breast Exam	Women	Preferably every 3 years for women in their 20s and 30s	Yearly		
Mammogram	Women	Every 1-2 years beginning at age 40 and older			
Pap Smear	Women	First screen about 3 years after first sexual intercourse or by age 21, whichever comes first. Up to age 30 , yearly			
			Women age 30 and older Every 1-3 years (Actual frequency depends on presence of risk factors and results of previous tests.) Women age 70 and older who have had 3 or more normal Pap tests and no abnormal Pap test in the last 10 years may choose, in consultation with their doctor, to stop cervical cancer screening.		






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Adult Immunizations 2009

Vaccine	Ages 19-49	Ages 50-64	Ages 65+
Tetanus, Diphtheria, Pertussis (Td/Tdap)	1 dose Td booster every 10 years		
	Substitute one-time dose of Tdap for Td booster, then boost with Td every 10 years. Boostrix® is a vaccine indicated for active booster immunization against diphtheria and pertussis as a single dose. Boostrix® is approved for use in individuals ages 10-64.		1 dose Td booster every 10 years
Human Papillomavirus (HPV)	3 doses for females 26 and younger		
Measles, Mumps, Rubella (MMR)	1 or 2 doses	1 dose	
Varicella		2 doses	
Influenza		1 dose yearly	
Pneumococcal (polysaccharide)	1-2 doses		1 dose
Hepatitis A	2 doses		
Hepatitis B	3 doses		
Meningococcal	1 or more doses		
Herpes Zoster (Shingles)			1 dose given at age 60 and older

 For all persons in this category who meet the age requirements and who lack evidence of immunity (i.e., lack documentation of vaccination or have no evidence of prior infection)	 Recommended if some other risk factor is present (i.e., medical, occupational, lifestyle or other indications)	 No Recommendations
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Talk with your doctor to determine what immunizations you need.



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