



Preventive Health Guidelines

2019-2020

What is your plan for better health?

Make this year your best year for wellness. Your health plan may help pay for tests and routine wellness exams to find disease early and to help you and your family stay well. Talk with your doctor (health care provider) about the care that is right for you.

Blue Cross and Blue Shield of Texas (BCBSTX) might not pay for all services and treatments in this guide. To learn more about what BCBSTX pays for, call the Customer Care number on your ID card. You can also check www.bcbstx.com/starkids to learn about health topics from child care to zinc.

The content in this guide is based in part on suggestions from these independent groups and based on state-specific requirements:

- American Academy of Family Physicians – AAFP
- American Academy of Pediatrics – AAP
- Advisory Committee on Immunization Practices – ACIP
- American College of Obstetrics and Gynecology – ACOG
- American Cancer Society – ACS
- Centers for Disease Control and Prevention – CDC
- Texas Health Steps – Texas Health Steps Periodicity Schedule – Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services
- U.S. Preventive Services Task Force – USPSTF

Use this guide to know when to set up visits with your doctor for you and your children. Ask your doctor which exams, tests, and vaccines are right for you, and when you should get them and how often. How you get certain diseases is not talked about in this guide.

Please see your BCBSTX plan handbook to check on your plan benefits.

To learn more about your health plan, go to www.bcbstx.com/starkids.

To learn more about vaccines, go to the Centers for Disease Control and Prevention at www.cdc.gov.

Well-baby and child/Texas Health Steps screenings

Well-baby/Texas Health Steps exam — birth to two years*: Infants who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within two to four days after being born. You might talk to the doctor if you are a first-time parent, are having a high-risk pregnancy, or want to learn about feeding, circumcision, or well-baby care. At the well-baby exam, you may get advice on your child’s safety, dental exams and care starting at age one if needed. At these exams, your baby may get vaccines and these screenings or added screenings, such as tuberculin, urine testing, and/or sickle cell anemia testing, if needed.

Age (in months)

Screenings	Birth	1	2	4	6	9	12	15	18	24
Weight, length and head circumference (the length around the head)	At each visit									
Development and behavior	At each visit									
Hearing	As a newborn and when your doctor suggests									
Oral/dental health	Dental exams starting at age 6 months-fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water									
Hemoglobin or hematocrit (blood count)					at six		at 12			
Lead testing (unless you are sure the child has not been around lead)							at 12			at 24
Tuberculin							at 12			
Autism									at 18	at 24
Newborn metabolic, sickle cell, and thyroid screening	Birth to two months (ideally at three to five days)									

*This guide is for people enrolled in the BCBSTX plan. Some people might be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. Talk to your doctor if you have concerns about your health.

Well-child/Texas Health Steps exam — ages 2 to 10 years*: You may get advice about how to keep your child safe, how to prevent injuries, how to reduce the risks of getting skin cancer, good health, diet and physical activity, and development. Annual dental referrals start at age three or earlier, if needed. At these well-child exams, your child may get vaccines and these screenings or added screenings such as tuberculin and urine testing, if needed.

Screenings	Age (in years)									
	2	3	4	5	6	7	8	9	10	
Height, weight, body mass index (BMI)**	Each year									
Development and behavior	At each visit									
Vision	Each year									
Hearing	Each year									
Oral/dental health	Dental exams each year - between 2 to 5 years - fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water									
Hemoglobin or hematocrit (blood count)	at two					at six				
Blood pressure	Each year starting at three years									

Well-child/Texas Health Steps exam — ages 11 to 20 years*: The doctor might talk to you about health and wellness issues. These include: diet and physical activity, healthy weight, dental health, dentist referral each year, mental health, sexual behavior and screening for sexually transmitted infections, how to prevent injuries, counseling to reduce your risk of getting skin cancer, special risks you might have for cancer (such as family history), and steps you can take to reduce those risks, secondhand smoke, and avoiding tobacco, alcohol, and drugs.

At these exams, your child can get vaccines and these screenings or added screenings such as tuberculin and urine testing, if needed.

Screenings	Age (in years)									
	11	12	13	14	15	16	17	18	17	18
Height, weight, body mass index (BMI)**	Each year									
Development and behavior	Each year									
Blood pressure	Each year									
Vision	Each year									
Hearing	Each year									
Oral/dental health	Each year									
Hemoglobin or hematocrit (blood count)		at 12					at 16			
Chlamydia	For sexually active women aged 24 and younger									

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**Height and weight are used to find BMI. BMI is used to see if a person has the right weight for height, or is under or over weight for height.

Adult screenings — women*

Well-person exam: The doctor might talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning for ages 19 to 39
- Folic acid for women who are of the age to get pregnant
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Intimate partner violence
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer, special risks you might have for cancer (such as family history), and steps you can take to reduce those risks
- Misuse of drugs and alcohol
- Secondhand smoke
- How to stop using tobacco
- Dental health
- Mental health

At this visit, you can get vaccines and these screenings:

Screenings	Age (in years)											
	19	20	25	30	35	40	45	50	55	60	65 and older	
Height, weight	Each year or as your doctor suggests											
Body Mass Index (BMI)	Each year or as your doctor suggests											
Blood pressure	Each year or as your doctor suggests											
Breast cancer: doctor exam	Doctor exam every one to three years											
Breast cancer: mammogram												Each year from age 40 to 65+
Cervical cancer: ages 21-29		Every three years										
Cervical cancer: ages 30-65				Should have a Pap test plus an HPV test (called co-testing) every five years. This is the preferred approach, but it is OK to have a Pap test alone every three years.								
Cervical cancer: ages 65+												Stop screening at age 65 if last three Pap tests or last two co-tests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor.

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Screenings	19	20	25	30	35	40	45	50	55	60	65 and older
Colorectal cancer								At age 50, your doctor may suggest one of these options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every five years 3. Both #1 and #2 4. Double-contrast barium enema every five years 5. Colonoscopy every 10 years 6. CT colonography can take the place of colonoscopy in some cases			
Chlamydia		Sexually active women ages 24 and younger									
Cholesterol			Every five years starting at age 45 with more screenings as your doctor suggests or for women ages 20 to 45 if they are at increased risk for coronary heart disease								
Osteoporosis								The test to check how dense your bones are should start no later than age 65; women at menopause should talk to their doctor about osteoporosis and have the test when at risk			
Hepatitis C								Screen once if born between 1945 and 1965			

Pregnant women*

Pregnant women should see the doctor or OB/GYN in the first three months of pregnancy for a first visit and to set-up a prenatal care plan. At this visit your doctor will check your health and the health of your baby.

Based on your past health, your doctor might want you to have these tests, screenings or vaccines:

- **Diabetes** during pregnancy
- **Hematocrit/hemoglobin** (blood count)
- **Hepatitis B**
- **HIV**
- **Rubella immunity** - to find out which women need the rubella vaccine after giving birth
- **Rh(D) blood type and antibody testing** - if Rh(D) negative, repeat test at 26 to 28 weeks
- **Syphilis**
- **Urinalysis** - when your doctor wants it

The doctor might talk to you about what to eat and how to be active when pregnant as well as staying away from tobacco, drugs, alcohol and other substances. You can also discuss breastfeeding support, supplies and counseling.

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Other tests and screenings:

Some tests given alone or with other tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your doctor about what these tests can tell you about your baby, the risks of the tests and which tests might be best for you.

- **Amniocentesis**
- **Chorionic villus sampling**
- **Special blood tests**
- **Ultrasound tests** including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two-dimensional tests to check on the baby

Medication:

If you are high risk for a condition called preeclampsia, your doctor can recommend the use of low-dose aspirin (ASA) as preventive medication.

Vaccines:

If you are pregnant in flu season (October to March) your doctor may want you to have the inactivated flu vaccine. You might need the tetanus, diphtheria, pertussis (Tdap) vaccine if you have not had it before. While other vaccines may be given in special cases, it is best to get the vaccines you need before you get pregnant. Women should always check with their doctor about their own needs.

You should NOT get these vaccines while you are pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella**

Mental Health:

If you are pregnant or recently had a baby, your doctor can provide treatment options or refer you to another provider if you are showing signs or symptoms of depression.

Adult screenings — men*

The doctor might talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning for ages 19 to 39
- How to prevent injuries
- Misuse of drugs and alcohol
- How to stop using tobacco
- Secondhand smoke
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Counseling to reduce your risk of getting skin cancer, special risks you might have for cancer (such as family history), and steps you can take to reduce those risks
- Dental health
- Mental health

At this visit, you may get vaccines and these screenings:

Screenings	Age (in years)										
	19	20	25	30	35	40	45	50	55	60	65 and older
Height, weight	Each year or as your doctor suggests										
Body Mass Index (BMI)	Each year or as your doctor suggests										
Blood pressure	Each year or as your doctor suggests										
Cholesterol	Every five years starting at age 20 with more screenings as your doctor suggests										
Colorectal cancer	At age 50, your doctor may suggest one of these options: <ol style="list-style-type: none"> 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every five years 3. Both #1 and #2 4. Double-contrast barium enema every five years 5. Colonoscopy every 10 years 6. CT colonography can take the place of colonoscopy in some cases 										
Prostate cancer	If you are 50 or older, discuss the risks and benefits of the prostate cancer tests with your doctor.										
Abdominal aortic aneurysm	One time for ages 65 to 75 for those who have ever smoked										
Hepatitis C	Screen once if born between 1945 and 1965										

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Suggested vaccine schedule*

✓ Shows when vaccines are suggested

Vaccine	Birth	1 to 2 months	2 months	4 months	6 months	6 to 18 months	12 to 15 months	16 to 18 months	19 to 23 months
Hepatitis B	✓	✓				✓			
Rotavirus (RV)			✓ Two-dose or three-dose series						
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓	
Tetanus, diphtheria, pertussis (Td/Tdap)									
Haemophilus influenza type b (Hib)		✓ Three-dose or four-dose series							
Pneumococcal conjugate(PCV)			✓	✓	✓		✓		
Inactivated Polio Virus (IPV)			✓	✓		✓			
Influenza (flu)						✓ Suggested each year from six months to 65+ years of age			
Measles, mumps, rubella (MMR)							✓		
Varicella (chicken pox)							✓		
Hepatitis A							✓ Two-dose series		
Human papillomavirus (HPV)									
Meningococcal									
Pneumococcal polysaccharide (PPSV23)									
Zoster									
Pneumococcal 13-valent conjugate (PCV13)									

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Suggested vaccine schedule*

✓ Shows when vaccines are suggested

Vaccine	4 to 6 years	11 to 12 years	13 to 18 years	19 to 60 years	60 to 64 years	65+ years
Hepatitis B						
Rotavirus (RV)						
Diphtheria, tetanus, pertussis (DTaP)	✓					
Tetanus, diphtheria, pertussis (Td/Tdap)		✓ Tdap		✓ Td booster every 10 years after the initial Tdap vaccine		
Haemophilus influenza type b (Hib)						
Pneumococcal conjugate(PCV)						
Inactivated Polio Virus (IPV)	✓					
Influenza (flu)	✓ Suggested each year from six months to 65+ years of age					
Measles, mumps, rubella (MMR)	✓			✓ 1 or 2 doses of MMR depending on indication (if born in 1957 or later)		
Varicella (chicken pox)	✓			✓ 2 doses (if born in 1980 or later)		
Hepatitis A						
Human papillomavirus (HPV)		✓ Three-dose series				
Meningococcal	✓ 4 to 6 years		✓ 16 years			
Pneumococcal polysaccharide (PPSV23)				✓ Suggested for smokers and asthmatics		
Zoster				✓ 2 doses for ages 50+		
Pneumococcal 13-valent conjugate (PCV13)						✓

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Hepatitis B - You can get an extra dose (four-dose series) at four months if the combination vaccine is used after the birth dose.

Rotavirus (RV) - Get two-dose or three-dose series (depends on brand of vaccine used).

Tdap (teens) - If you are 13 to 18 years of age and have not had this vaccine before, talk to your doctor about a catch-up vaccine.

Tdap (adults) - If you are 19 years of age or older and have not gotten a dose of Tdap before, you should get a single dose.

Haemophilus influenzae type b (Hib) - Get three-dose or four-dose series (depends on brand of vaccine used).

Pneumococcal conjugate (PCV) - Children 14 to 59 months who had all of the PCV vaccine series with seven-valent pneumococcal conjugate vaccine (PCV7) should get one more dose of 13-valent pneumococcal conjugate vaccine (PCV13) at their next visit.

Influenza (flu) - Refer to www.flu.gov or www.cdc.gov to learn more about this vaccine. (Note: Children six months to eight years of age having the vaccine for the first time should have two doses separated by four weeks.)

Measles, mumps, rubella (MMR) and varicella (chicken pox) - If you were born after 1957, you should have records of one or more doses of MMR vaccine unless you have a medical reason not to have the vaccine, or laboratory records of immunity to these three diseases.

Human papillomavirus (HPV) - This vaccine is for girls (HPV2, HPV4, or 9vHPV) and boys (HPV4 or 9vHPV) 11 to 12 years of age, but it can be given as early as nine years of age. This vaccine can be given up to age 26. Administer second dose one to two months after first dose; administer third dose 24 weeks after the first dose and 16 weeks after the second dose.

Meningococcal - Two doses of this routine vaccine are given (excludes Meningococcal B). Administer the first dose at 11 or 12 years of age and the next dose at 16.

Pneumococcal 13 - Valent conjugate (PCV13) - If not previously vaccinated with PPSV23, PCV13 is given first, followed by PPSV23 six to 12 months after. If previously received with PPSV23, PCV13 ≥ 12 months is given afterwards.

Pneumococcal polysaccharide (PPSV23) - Smokers and asthmatics should get one dose if they have never gotten the vaccine or don't know their vaccine history. Anyone who got the vaccine before age 65 should get another dose after age 65. (Wait at least five years in between doses.) If you are uncertain of your vaccination history, you should get PCV13 first. When PCV13 is also indicated, PCV13 should be given first.

To get auxiliary aids and services, or to get written or oral interpretation to understand the information given to you, including materials in alternative formats such as large print, braille or other languages, please call BCBSTX STAR Kids Customer Service at 1-877-688-1811 (TTY/TDD 7-1-1).

Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Blue Cross and Blue Shield of Texas does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Blue Cross and Blue Shield of Texas:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Civil Rights Coordinator.

If you believe that Blue Cross and Blue Shield of Texas has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Civil Rights Coordinator, Office of Civil Rights Coordinator, 300 E. Randolph St., 35th floor, Chicago, Illinois 60601, 1-855-664-7270, TTY/TDD: 1-855-661-6965, Fax: 1-855-661-6960, Civilrightscoordinator@hsc.net. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-710-6984 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-710-6984 (TTY: 711)。

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-710-6984 (TTY: 711) 번으로 전화해 주십시오.

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-710-6984 (رقم هاتف الصم والبكم: 711).

خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-855-710-6984 (TTY: 711).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-710-6984 (TTY: 711).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-710-6984 (ATS: 711).

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-855-710-6984 (TTY: 711) पर कॉल करें।

اب دشاب یم مهارف امش یارب ناگیار تروص هب ینابز تلایهست، دینک یم وگتفگ یسراف نابز هب رگا: هجوت 1-855-710-6984 (TTY: 711) دیریگب سامت.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-710-6984 (TTY: 711).

સુચના: જો તમે ગુજરાતી બોલતા હો, તો ન:શુલક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-855-710-6984 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-710-6984 (телетайп: 711).

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-855-710-6984 (TTY: 711) まで、お電話にてご連絡ください。

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຄຸມມືມີ້ອມໃຫ້ທ່ານ. ໂທສ 1-855-710-6984 (TTY: 711).