



# Preventive Health Guidelines

## 2020-2021

### 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 that find disease early and help you and your family stay well. Talk with your doctor (primary care physician) 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 Service number on the back of your ID card. You can also check [www.bcbstx.com/starkids](http://www.bcbstx.com/starkids) for more information.

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 STAR Kids Member Handbook to check on your plan benefits.

To learn more about your health plan, go to [www.bcbstx.com/starkids](http://www.bcbstx.com/starkids).

To learn more about vaccines, go to the Centers for Disease Control and Prevention at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

## Well-baby and child/Texas Health Steps screenings

**Well-baby/Texas Health Steps exam — birth to 2 years old\*:** 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. At these exams, your baby may get vaccines and the screenings below, such as tuberculin and/or sickle cell anemia testing.

Screenings	Age (in months)										
	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										
Mental and behavioral health	At each visit										
Hearing	At each visit										
Oral/dental health	Dental exams starting at 6 months old – fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water										
Hemoglobin or hematocrit (blood count)							at 12				
Lead testing							at 12				at 24
Tuberculin (testing if needed)							at 12 and each year				
Autism									at 18	at 24	
Newborn metabolic, sickle cell, and thyroid	Birth to 11 months (ideally 0-14 days)										

Texas Health Steps - Texas Health Steps Periodicity Schedule (07/2018) - Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services; Texas Health Steps - Texas Health Steps Newborn Screening Module (06/2019) - Texas Health and Human Services Commission - Texas Department of State Health Services

\*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 old\***: 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 6 months old. At these well-child exams, your child may get vaccines and the screenings below, such as tuberculin and/or body mass index (BMI) screening.

Screenings	Age (in years)									
	2	3	4	5	6	7	8	9	10	
Height and weight**	At each visit									
Body mass index (BMI)**	Each year starting at 2 years old									
Development and behavior	At each visit									
Mental and behavioral health	Each year									
Vision	Each year									
Hearing	Each year									
Oral/dental health	Each year									
Blood pressure	Each year starting at 3 years old									
Tuberculin (testing if needed)	Each year									

Sources: Texas Health Steps - Texas Health Steps Periodicity Schedule (07/2018) - Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services

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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.

**Well-child/Texas Health Steps exam — ages 11 to 20 years old\*:** 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 or high-risk behaviors. You might also get counseling on: how to prevent injuries, how to reduce your risk of getting skin cancer, what special risks you might have for cancer (such as family history) and steps to reduce those risks, information on secondhand smoke and avoiding tobacco, alcohol and drugs.

At these exams, your child can get vaccines and the screenings below, such as tuberculin and/or body mass index (BMI) screening.

Screenings	Age (in years)									
	11	12	13	14	15	16	17	18	17	18
Height and weight**						Each year				
Body mass index (BMI %)**						Each year				
Development and behavior						Each year				
Mental and behavioral health						Each year				
Blood pressure						Each year				
Vision						Each year				
Hearing						Each year				
Oral/dental health						Each year				
Chlamydia										For sexually active women 24 years old and younger
Tuberculin (testing if needed)						Each year				

Sources: Texas Health Steps - Texas Health Steps Periodicity Schedule (07/2018) - Texas Health and Human Services Commission, Centers for Medicare and Medicaid Services

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## Adult screenings — women\*

**Wellness 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
- Screening for hepatitis C (HCV) 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
- Cervical cancer screening
- Breast cancer screening

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											
BMI and BMI Percentile	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											
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										
Diabetes	For adult diabetics, perform lipid profile test each year. If lipid values are low-risk, test can be performed every two years.											
Hepatitis C												Most adults need to be screened only once

Sources: U.S. Preventive Service Task Force (USPSTF); Centers for Disease Control and Prevention (CDC); Texas Health and Human Services Commission - Texas Department of State Health Services

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## 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:** at first prenatal visit
- **Hepatitis C:** during each pregnancy
- **HIV**
- **Preexposure prophylaxis (PrEP):** with effective antiretroviral therapy to those at high risk of 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.

### 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 (a sudden increase in blood pressure after the 20th week of pregnancy), 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.

**Postpartum followup:**

All women should complete a comprehensive postpartum visit within 12 weeks after delivery.

**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
- Preexposure prophylaxis (PrEP) with effective antiretroviral therapy to those at high-risk of HIV
- Screening for hepatitis B (HBV) if high risk
- Screening for hepatitis C (HCV) 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										
BMI and BMI Percentile	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									
Hepatitis C											Most adults need screened only once

Sources: U.S. Preventive Service Task Force (USPSTF); Centers for Disease Control and Prevention (CDC); Texas Health and Human Services Commission - Texas Department of State Health Services

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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)			✓	✓	✓			✓		
Haemophilus influenza type b (Hib)			✓ Three-dose or four-dose series							
Inactivated Polio Virus (IPV)			✓	✓		✓				
Influenza (flu)						✓ Suggested each year from 6 months to 2 years old				
Measles, mumps, rubella (MMR)							✓			
Varicella (chicken pox)							✓			
Hepatitis A							✓ Two-dose series			
Meningococcal			Your doctor may suggest from 2-23 months old based on where you have traveled							
Pneumococcal polysaccharide (PPSV23)			Your doctor may suggest one dose in special conditions between 2-18 years old							
Pneumococcal 13-valent conjugate (PCV13)			✓	✓	✓		✓ One dose			

Source: Centers for Disease Control and Prevention (CDC), Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger, United States, 02/2020

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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
Diphtheria, tetanus, pertussis (DTaP)	✓					
Tetanus, diphtheria, pertussis (Td/Tdap)		✓ Tdap		✓ Td booster every 10 years after the initial Tdap vaccine		
Inactivated Polio Virus (IPV)	✓					
Influenza (flu)	✓ Suggested each year					
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) depending on indication		
Human papillomavirus (HPV)		✓ 2-3 dose series ages 11-12 (can start at age 9)				
Meningitis B			✓ Suggested from 16-18 years old			
Meningococcal (Serogroup A, C, W, Y)		✓	✓ 16 years			
Pneumococcal polysaccharide (PPSV23)	2-64 years old depending on indication, all adults 65 years and older, and adults 19-64 years who smoke					
Zoster				✓ 2 doses for ages 50+		
Pneumococcal 13-valent conjugate (PCV13)	All adults 65 years and older, those 2-64 years old depending on indication, and adults ages 19-64 who smoke					

Sources: Centers for Disease Control and Prevention (CDC), Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger, United States, 02/2020; CDC, Recommended Adult Immunization Schedule for ages 19 years or older, United States, 02/2020

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**Hepatitis B** - You can get an extra dose (four-dose series) at 4 months old if the combination vaccine is used after the birth dose.

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

**Influenza (flu)** - Refer to [www.cdc.gov/flu](http://www.cdc.gov/flu) to learn more about this vaccine. (Note: Children 6 months to 8 years old 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 old, but it can be given as early as 9 years old. 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 (A,C, W, Y)** - Two doses of this routine vaccine are given (excludes Meningococcal B). Administer the first dose at 11 or 12 years old and the next dose at 16 years old.

**Meningococcal B** - Teens should also get a MenB vaccine, preferably at 16-18 years old.

**Pneumococcal Conjugate (PCV13)** - Children 2-15 months of age should get a series of four doses.

**Pneumococcal polysaccharide (PPSV23)** -- All adults 65 years or older and ages 2 through 64 with certain medical conditions, as well as adults ages 19 through 64 who smoke.

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., 35<sup>th</sup> floor, Chicago, Illinois 60601, 1-855-664-7270, TTY/TDD: 1-855-661-6965, Fax: 1-855-661-6960, [Civilrightscoordinator@hsc.net](mailto: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 નિઃશુલ્ક 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, ໂດຍບໍ່ເສັງຄ່າ, ຄຸມມືພ້ອມໃຫ້ທ່ານ. ໂທ 1-855-710-6984 (TTY: 711).