

Make Your Preventive Care a Priority

Getting recommended care and making good lifestyle choices improves your overall health. These healthy choices include:

- Eating a healthy diet
- Exercising regularly
- Getting recommended screenings
- Limiting or stopping alcohol use
- Not smoking

Having regular screenings with your Primary Care Provider (PCP) not only helps improve your health and well-being, but it can also lower your out-of-pocket costs. Your TRS-ActiveCare health plan covers preventive care benefits at no cost.¹

If you don't already have a relationship with a PCP, choose one, and schedule an appointment today!

Review the charts below and make sure you are up to date on your immunizations, screenings, and recommendations.

2021 Adult Wellness Guidelines

Improve Wellness with Screenings	
Weight	Every visit or at least once a year
Body Mass Index (BMI)	Every visit or at least once a year
Blood Pressure (BP)	Every visit or at least once a year
Colon Cancer Screening	<ul style="list-style-type: none"> • Ages 50-75: <ul style="list-style-type: none"> – Guaiac Fecal Occult Blood Test (gFOBT) every year or, – Fecal Immunochemical Testing (FIT) every year or, – Fecal Immunochemical Testing (FIT)-DNA every 1-3 years or, – Cologuard every 3 years or, – Flexible Sigmoidoscopy every 5 years or, – Flexible Sigmoidoscopy every 10 years with FIT every year or, – Colonoscopy every 10 years or, – CT Colonography every 5 years* • Ages 45-49 should discuss the risks and benefits of this screening with their PCP. The risks and benefits of different screening methods vary.
Diabetes Screening	Those with high blood pressure, who are overweight, or have cardiovascular risk factors should be screened. All others should be screened starting at age 45.*
Hepatitis C (HCV) Screening	Adults born between 1945 and 1965 should be screened once. Those with continued risk for HCV infection or at high risk for infection should be screened periodically.
HIV Screening	Ages 18-65 and older adults at high risk

¹Coverage dependent upon an in-network provider submitting the claim as preventive care.

*Recommendations may vary. Discuss the start and frequency of screenings with your PCP, especially if you are at increased risk.

Stay Healthy with Immunizations

Tetanus-Diphtheria Pertussis (Tdap/Td)	Tdap vaccine once, then a Td booster every 10 years
Influenza (Flu)	Yearly
Human Papillomavirus (HPV)	Ages 18-26, 2 or 3 doses, depending on age at time of initial vaccination*
Herpes Zoster (Shingles)	2 doses of Recombinant Zoster Vaccine (RZV) starting at age 50, or 1 dose of Herpes Zoster Live-Attenuated Vaccine (ZVL) starting at age 60. Discuss your options with your PCP.*
Varicella (Chicken Pox)	2 doses for those who have never had chicken pox
Pneumococcal (Pneumonia)	Ages 65 and over, 1 dose of Pneumococcal Conjugate Vaccine, or PCV13, and 1 dose of Pneumococcal Polysaccharide Vaccine, or PPSV23, at least 1 year after PCV13*
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults born in 1957 or later who have never been infected

Catch Men's Health Problems Early

Cholesterol	<ul style="list-style-type: none"> • Age 35 and older • Ages 20-35 if at increased risk for coronary heart disease; talk with your PCP about the frequency of screenings that is best for you.
Prostate Cancer Screening	Discuss the benefits and risks of screening with your PCP.
Abdominal Aortic Aneurysm	Have an ultrasound once between ages 65-75 if you have ever smoked.
Low-dose Aspirin Use	Ages 50-59, talk with your PCP about low-dose aspirin use to prevent cardiovascular disease and colorectal cancer.

Catch Women's Health Problems Early

Mammogram	<ul style="list-style-type: none"> • Ages 40-49 should discuss the risks and benefits of screening with your PCP.* • Ages 50-74, at least every 2 years
Cholesterol	<ul style="list-style-type: none"> • Age 45 and older • Ages 20-45 if at increased risk for heart disease; talk with your health care provider about starting and the frequency of screening that is best for you.
Cervical Cancer Screening	<ul style="list-style-type: none"> • Ages 21-65, Pap test every 3 years • Ages 30-65, Pap test with HPV test every 5 years • Women who have had a hysterectomy or are 65 or older may not need a Pap test.*
Osteoporosis Screening	<ul style="list-style-type: none"> • Starting at age 65 • Starting at age 60 if risk factors are present • Postmenopausal women or those younger than 65 who are at increased risk of osteoporosis*
Low-dose Aspirin Use	Women 50-59, talk with your PCP about low-dose aspirin use for the prevention of cardiovascular disease and colorectal cancer.

*Recommendations may vary. Discuss the start and frequency of screenings with your PCP, especially if you are at increased risk. Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association