

Preventive health guidelines

2021

Take steps today for a healthy future

Your health plan pays for certain tests to find diseases early, routine wellness exams, and shots to help you and your family stay well. This is called preventive care.

These are based on state requirements and tips from health experts, such as:

- American Academy of Family Physicians (AAFP)
- American Academy of Pediatrics (AAP) *Bright Futures*
- Advisory Committee on Immunization Practices (ACIP)
- American College of Obstetricians and Gynecologists (ACOG)
- American Cancer Society (ACS)
- Centers for Disease Control and Prevention (CDC)
- U.S. Preventive Services Task Force (USPSTF)

Your plan may not pay for all the services and treatments listed.

To learn more about what your plan covers, either:

- Check the member handbook.
- Call Member Services at the number on your member ID card.
- Visit clearhealthalliance.com/member.

Always get medical advice from your doctor.

This guide does not mention every condition and treatment. Ask the doctor which exams, tests, and vaccines are right for you or your child, when to get them, and how often.

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Well-baby visits — birth to 2 years old

Infants need to be seen by a doctor at birth, at these ages, and as the doctor suggests:

- 3-5 days old
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months

Babies who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within 2 to 4 days after being born.

A well-baby visit may include:

- A full-body exam
- Vaccines
- Other tests and screenings as needed, listed below
- Talking about:
 - Newborn care, safety, and development
 - Eating habits and feeding
 - Parent and family health and well-being

Screenings	When to get them
Weight, length, and head measurement	At each visit
BMI percentile*	At 24 months
Newborn metabolic, such as PKU (when the body is not able to break down protein), sickle cell (an inherited blood disorder), and thyroid screening	Birth to 2 months old (best checked at 3 to 5 days old) Bilirubin at birth (checks for liver problems)
Critical congenital heart defect (birth defects of the heart)	At birth
Development — brain, body, and behavior	At 9 and 18 months, and then each visit
Hearing	As a newborn and each visit
Vision	At 12 and 24 months, and then each visit
Blood pressure	Check for risks at each visit
Oral and dental health	Referral to a dentist, if needed — start yearly dental exams starting at 12 months Fluoride varnish when teeth start coming in (usually around 6 to 24 months old) Fluoride prescription based on your drinking water (from 6 to 24 months old)
Hemoglobin or hematocrit (blood count)	Once between 9 to 12 months
Lead testing	At 12 and 24 months old. Check for risks as the doctor suggests.
Lipid disorder (cholesterol problems)	Check for risks at 24 months
Autism (a condition that affects social skills and the way one communicates)	At 18 and 24 months
Maternal postpartum depression (after a mother gives birth)	At 1, 2, 4, and 6 months
Tuberculosis	Check for risks as the doctor suggests

* Height and weight are used to check body mass index (BMI). Checking someone’s BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Well-child visits — 2 1/2 to 10 years old

Your child's doctor may talk with you about:

- How to help with healthy eating habits.
- Exercise, growth, safety, and healthy habits.
- Any learning or school issues.
- Emotional and mental health.
- Family and home life.

During the visit, your child may get:

- A full-body exam.
- Vaccines.
- Other tests and screenings.

Screenings	When to get them
Height, weight, BMI percentile*	At each visit
Development — brain, body, and behavior	At 2 1/2 years, and then each visit
Vision	At 3 years, and then each visit
Hearing	At 4 years, and then each visit
	Referral to a dentist, if needed
	Dental exam each year
Oral and dental health	Fluoride varnish on the teeth when the dentist suggests (at 3, 4, and 5 years old)
	Fluoride prescription based on your drinking water
Lead testing	Check for risks through age 6
Hemoglobin or hematocrit (blood count)	Check for risks each year
Blood pressure	Each year starting at age 3
	Check for risks before age 3
	Once between ages 9 to 11
Lipid disorder (cholesterol problems)	Check for risks at all other ages
Tuberculosis	Check for risks and test as the doctor suggests

* Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Well-child visits — 11 to 21 years old

Your child's doctor may talk about:

- **Growth and development**, such as oral health habits, body image, healthy eating, physical activity, and sleep.
- **Emotional well-being**, such as mood control and overall mental health.
- **Safe sex**, such as the risks of sexually transmitted infections and diseases (STIs and STDs) and pregnancy.
- **Substance use**, whether that be drinking alcohol or using tobacco, e-cigarettes, or prescription or illegal drugs.
- **School performance**.
- **Family and home living issues**.
- **Safety**, such as seat belt use, helmet use, and sun safety.
- **Firearm safety**, if you own or are around guns.

During the visit, the doctor may give:

- A full-body exam.
- Vaccines.
- Other tests and screenings.

Screenings	When to get them
Height, weight, BMI*	Each year
Development — mind, body, and behavior	Each year
Depression	Each year
Blood pressure	Each year
Vision	Each year
Hearing	Each year
Oral and dental health	Each year
Hemoglobin or hematocrit (blood count)	Fluoride prescription through age 16 Check for risks each year
Lipid disorder (cholesterol problems)	Once between ages 9 to 11 Once between ages 17 to 21
Cervical cancer	For women, starting at age 21 or as the doctor suggests
STIs, such as chlamydia	Starting at age 11, if sexually active
Substance use disorder and tobacco addiction	Check for risks each year starting at age 11

* Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Wellness visits — adult women

Your doctor may talk about:

- Diet and physical activity.
- Mental health, such as depression.
- Oral and dental health.
- Tobacco use, or how to quit.
- Avoiding secondhand smoke.
- Drinking alcohol or using drugs.
- Skin cancer risks.
- Family planning, such as:
 - Safe sex.
 - Birth control to help avoid unwanted pregnancy.
 - Spacing out pregnancies to have the best birth outcomes.
 - Checking for sexually transmitted infections and diseases (STIs and STDs), such as hepatitis B (if at risk).
 - Folic acid supplements for women of childbearing age.

You may also get vaccines and these screenings:

Screenings	When to get them
Height, weight, BMI*	Each year or as your doctor suggests
Blood pressure	Each year or as your doctor suggests. Recheck high readings at home.
Mammogram** (breast X-ray)	Each year for ages 40 to 65+
Cervical cancer	Consider screening every 2 years from ages 50 to 74 For ages 21 to 29, Pap test every 3 years For ages 30 to 65, either do a Pap test every 3 years or an HPV test alone, or a combo Pap test and HPV test every 5 years Stop testing at age 65 if the last 3 Pap tests or last 2 co-tests (Pap plus HPV) within the last 10 years were normal. If there was an abnormal Pap test within the past 20 years, talk with your doctor. From ages 45 to 75, your doctor may suggest one or more of these tests: Stool (feces) tests: <ul style="list-style-type: none"> ○ Fecal immunochemical test (FIT) ○ FIT-DNA: stool and DNA combo test ○ Guaiac-based fecal occult blood test (gFOBT) Visual tests: <ul style="list-style-type: none"> ○ Colonoscopy (using a small camera on the end of a tube to look at your colon) ○ CT colonography (using a CT scanner to take images of inside the colon) ○ Flexible sigmoidoscopy (using a small camera on the end of a tube to look at the last part of your colon, called the sigmoid colon)
Colorectal cancer (of the colon and rectum)	
Chlamydia and gonorrhea	If sexually active and age 24 or younger

Wellness visits — adult women continued

Screenings	When to get them
Cholesterol	Statins (cholesterol medicine) may be needed for people ages 40 to 75 who have a higher risk of cardiovascular disease (such as heart disease)
Glucose (blood sugar) screening for type 2 diabetes	As your doctor suggests from ages 40 to 70, especially if overweight or obese. Individuals with high blood sugar should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen between the ages of 18 to 79 years Testing should start no later than age 65
Osteoporosis (checks how dense your bones are)	Women in menopause should talk to their doctor about osteoporosis and have the test if at risk
Lung cancer with low-dose computed tomography (LDCT)	From age 50 for those with a 20 pack-year history and currently smoke, or have quit within the past 15 years

* Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

** Women should talk to their doctor and make a personal choice about the best age to start having mammograms and possibly screen every two years when older.

Pregnant women

Within the first three months of pregnancy, it's vital to visit a doctor to set up a prenatal care plan. At each visit, your doctor will check your health and the health of your baby. The doctor may talk to you about:

- What to eat.
- How to be active when pregnant.
- Avoiding tobacco, drugs, alcohol, and other substances.

Testing:

Based on your past health, your doctor may want you to have these screenings:

- **Depression** screenings (done during and after pregnancy)
- **Diabetes**
- **Preeclampsia*** (high blood pressure that causes other problems during pregnancy)
- **Hematocrit/hemoglobin** (blood count)
- **Rubella immunity** (to find out which women need the rubella, aka German measles, vaccine after giving birth)
- **Rh(D) blood type and antibody testing** (checks to see if your blood type and your baby's blood type are compatible.) If Rh(D) negative, repeat test at 24 to 28 weeks.
- **Hepatitis B**
- **Syphilis**
- **Urine** for asymptomatic bacteriuria, as your doctor suggests

Other tests and screenings:

- **Amniocentesis** (an ultrasound and testing of the fluid in your womb)
- **Cell-free DNA** (a blood test to check for chromosomal abnormalities in the baby)
- **Chorionic villus sampling** (checks for birth defects and more)
- **Ultrasound tests** (to look at the baby in the womb.) During the first three months, these are done along with blood tests to check the baby for chromosomal abnormality risk and more.

These and other tests can check the baby for health concerns. The right tests and the right times to do them depend on:

- Your age.
- Your health record and family history.

Talk to your doctor about:

- Which tests may be best for you.
- What the tests can tell you about your baby.
- Any risks.

* If you have a high risk of preeclampsia, your doctor may recommend taking a low-dose aspirin to prevent other problems while you are pregnant.

Vaccines:

- **Flu:** If you are pregnant during flu season (October through March), your doctor may want you to have the inactivated (killed) flu shot.
- **Tdap:** Pregnant teens and adults need a Tdap vaccine during each pregnancy. It's best to get the vaccine between weeks 27 and 36, but it may be given at any time during pregnancy.

It's best to get most vaccines before pregnancy. Women should check with their doctor to make sure their vaccines are up to date.

You should NOT get these vaccines while you are pregnant:

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

Wellness visits – adult men

Your doctor may talk about:

- Diet and physical activity.
- Mental health, such as depression.
- Oral and dental health.
- Tobacco use, or how to quit.
- Avoiding secondhand smoke, alcohol, and using drugs.
- Skin cancer risks.
- Family planning, like:
 - Safe sex and preventing unwanted pregnancy with a partner.
 - Checking for sexually transmitted infections and diseases (STIs and STDs), such as HIV and hepatitis B (if high risk).

You may also get vaccines and these screenings:

Screenings	When to get them
Height, weight, BMI*	Each year or as your doctor suggests
Abdominal aortic aneurysm (enlarged blood vessels in the abdomen)	Once between ages 65 to 75 if you have ever smoked
Blood pressure	Each year or as your doctor suggests. Recheck high readings at home.
Cholesterol	<p>Statins (cholesterol medicine) may be needed for people ages 40 to 75 who have a higher risk of cardiovascular disease (such as heart disease)</p> <p>From ages 45 to 75, your doctor may suggest one or more of these test choices:</p> <p>Stool (feces) tests:</p> <ul style="list-style-type: none"> ○ Fecal immunochemical test (FIT) ○ FIT-DNA: stool and DNA combo test ○ Guaiac-based fecal occult blood test (gFOBT) <p>Visual tests:</p> <ul style="list-style-type: none"> ○ Colonoscopy (using a small camera on the end of a tube to look at your colon) ○ CT colonography (using a CT scanner to take images of inside the colon) ○ Flexible sigmoidoscopy (using a small camera on the end of a flexible tube to look at the last part of your colon, called the sigmoid colon)
Colorectal cancer (of the colon and rectum)	
Glucose screening for type 2 diabetes	As your doctor suggests from ages 40 to 70, especially if overweight or obese. Individuals with high blood sugar should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen once between the ages of 18 to 79 years
Prostate cancer	From ages 55 to 69, talk with your doctor about the risks and benefits of prostate cancer tests
Lung cancer with low-dose computed tomography (LDCT)	From age 50 for those with a 20 pack-year history and currently smoke, or have quit within the past 15 years

* Height and weight are used to check body mass index (BMI). Checking someone's BMI helps determine if they are a healthy weight for their height, or if they are under or overweight.

Suggested vaccine schedule

For more information about vaccines, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines). Coronavirus Disease 2019 (COVID-19) vaccines as recommended by the CDC (<https://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/covid-19.html>).

Vaccines ↓ Ages →	Birth	1-2 months	2 months	4 months	6 months	6-15 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years	19-64 years	65+ Years	
Hepatitis B	✓	✓				✓									
Rotavirus (RV)			2-dose or 3-dose series												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)											Tdap		Every 10 years		
Haemophilus influenzae type b (Hib)			3-4 doses between 2 to 15 months with first dose at 2 months, last dose at 12 to 15 months												
Pneumococcal conjugate (PCV)			✓	✓	✓		✓								
Inactivated polio virus (IPV)			✓	✓		✓				✓					
Influenza (flu)					Suggested each year from 6 months to 65+ years; 2 doses at least 4 weeks apart are recommended for children between 6 months to 8 years old having the vaccine for the first time										
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chickenpox)							✓			✓					
Hepatitis A						2-dose series between 12 to 23 months; taken 6 to 18 months apart									
Human papillomavirus (HPV)											2-dose series				
Meningococcal											✓	Booster at age 16; MenB-FHb at ages 16 to 23			
Pneumococcal 13-valent conjugate (PCV13)														✓	
Pneumococcal polysaccharide (PPSV23)														✓	
Zoster (HZ/su) recombinant vaccine														2-dose series for ages 50+; 2 to 6 months apart	

* For more information about updated HPV vaccines, see the Centers for Disease Control and Prevention website: *Use of a 2-Dose Schedule for Human Papillomavirus Vaccination — Updated Recommendations of the Advisory Committee on Immunization Practices* (December 16, 2016): [cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm](https://www.cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm).

Hepatitis A (ages 2 to 18): If you or your child has not had this vaccine before, talk to your doctor about a catch-up vaccine.
 – Teens and adults with HIV infection who are at risk of hepatitis A may get a two- or three-dose series within a 12- to 18-month time span.

Hepatitis B: The first dose should be given within 24 hours of birth if the birth was outside of a hospital. Children may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose.
 – Teens and adults with HIV infection should have a three-dose series given within a 6-month time span.

Rotavirus (RV): Get a two-dose or three-dose series (depending on the brand of vaccine used).

Tdap (children through adults): If you or your child (age 7 or older) never got this vaccine, talk to the doctor about a catch-up vaccine.
 – Pregnant women with HIV infection should get one dose during each pregnancy.

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

Pneumococcal conjugate (PCV): Children ages 14 months to 59 months who got an incomplete PCV13 series get a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu): Visit [flu.gov](https://www.flu.gov) or [cdc.gov](https://www.cdc.gov) to learn more about this vaccine. Children 6 months to 8 years having the vaccine for the first time should have two doses four weeks apart.
 – Teens and adults with HIV infection should not get the live attenuated (weakened) influenza vaccine (aka the nasal spray version).

Measles, mumps, rubella (MMR) and varicella (chickenpox): Teens and adults should be up to date on their MMR vaccines. Chickenpox vaccines are for children who have not had chickenpox.
 – Teens and adults with HIV infection whose CD4 cell count is less than 200 should not get these vaccines.

Human papillomavirus (HPV):* Children who are 11 to 12 years old get two doses of the HPV vaccine at least six months apart. (The vaccine series can start at age 9.) Teens and young adults who start the series later (at ages 15 to 26) need three doses of HPV vaccine to protect against cancer-causing HPV infection. Adults ages 27 to 45 should talk to their doctor to see if an HPV vaccine is right for them.

Meningococcal: When given to healthy teens who are not high risk for meningococcal disease, two doses of MenB-FHb should be given 6 months apart. This timing is very important. If a second dose is given before 6 months, a third dose should be given 6 months after the first dose. For persons at high risk for meningococcal disease and during serogroup B outbreaks, three doses of MenB-FHb should be given. The second and third dose should be given 1 to 2 months and 6 months after the first dose.
 – Teens and adults with HIV infection should have a two-dose series of serogroup A, C, W, and Y (MenACWY) given at least 2 months apart. Revaccinate every 5 years. Serogroup B is not normally recommended.

Pneumococcal 13-valent conjugate (PCV13)/Pneumococcal polysaccharide (PPSV23): Adults age 65 and older and certain adults younger than 65 who are at risk should get both a PCV13 and PPSV23. Ask your doctor what dose is best for you.
 – Adults with HIV infection should get one dose of PCV13 followed by PPSV23 2 months later. A second dose of PPSV23 should be given 5 years after the first dose of PPSV23.

Zoster: Two doses of the Shingrix (HZ/su) vaccine, given 2 to 6 months apart, is recommended for adults 50 and older, including those who got the Zostavax (shingles) vaccine.
 – Teens and adults with HIV infection whose CD4 cell count is less than 200 should not get this vaccine.

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Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 844-406-2398 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 844-406-2398 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.

Èske ou bezwen èd ak swen sante ou, èd pou pale ak nou, oswa pou li sa nou voye ba ou? Rele nou gratis nan 844-406-2398 (TTY 711) pou w jwenn sa gratis nan lòt lang oswa nan lòt fòm.

Quý vị cần trợ giúp về chăm sóc sức khỏe, trò chuyện với chúng tôi, hoặc đọc những gì chúng tôi gửi cho quý vị? Gọi cho chúng tôi theo số miễn phí 844-406-2398 (TTY 711) để nhận miễn phí thông tin này bằng các ngôn ngữ hoặc định dạng khác.