

# Preventive health guidelines

2024

## Getting preventive care now can lead to a healthier future.

Care may include:

- Routine wellness visits.
- Tests to find disease early.
- Shots to prevent illness.

**Your plan may not cover all the services and treatments listed. For details:**

- Visit [wellpoint.com/ia/medicaid](https://wellpoint.com/ia/medicaid).
- Check your *Member Handbook*.
- Call Member Services at the number on your ID card.



### Always get medical advice from your doctor.

This guide does not mention every condition or treatment. Ask the doctor about exams, tests, and vaccines to learn:

- Which are right for you or your child.
- When and how often to get them.

The guidelines in this book are based on recommendations from health experts. This includes those from:

- 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)
- United States Preventive Services Task Force (USPSTF)

# Visits for babies, children, and teenagers

## Birth to 2 years

Wellness visits are important for your baby at birth, as the doctor suggests, and at the following ages:

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

If your baby leaves the hospital less than 48 hours after birth, a doctor should see them 2 to 4 days after birth.

Right after delivery, it's important for all babies to get an eye ointment. This helps prevent a possible infection they can get from their mother during birth.

### A well-baby visit may include:

- A full-body exam.
- Vaccines.
- Talking about:
  - Newborn care, safety, and development.
  - Nutrition and feeding.
  - Parent and family health and well-being.
  - Limiting ultraviolet (UV) radiation, like sunlight.
- Other screenings, tests, and topics as needed, listed in the chart.

Screenings, tests, and topics	When
Autism, a condition affecting social skills and communication	18 and 24 months
Bilirubin to check for jaundice	Birth
Blood pressure	Check risk each visit
Body mass index (BMI) percentile <sup>1</sup>	24 months
Critical congenital heart defect, which are birth defects of the heart	Birth
Development of brain, body, and behavior	Each visit
Hearing	0–5 days and each visit: doctor checks risk
Hemoglobin or hematocrit (blood count)	<ul style="list-style-type: none"> <li>• 4 months and as doctor suggests: check risk</li> <li>• 12 months: screen once</li> </ul>
Hepatitis B	Check risk each visit



Screenings, tests, and topics	When
Lead testing	<ul style="list-style-type: none"> <li>• 12 and 24 months</li> <li>• Check risk as doctor suggests</li> </ul>
Lipid disorder (cholesterol problems)	24 months: check risk
Maternal postpartum depression (depression in mother after giving birth)	1, 2, 4, and 6 months
Newborn screenings for: <ul style="list-style-type: none"> <li>• Metabolic conditions, like phenylketonuria (PKU) when the body can't break down protein.</li> <li>• Sickle cell disease, a blood disorder that can run in a family.</li> <li>• Thyroid conditions.</li> </ul>	Birth to 2 months, but best to check at 3–5 days
Oral/dental health	<ul style="list-style-type: none"> <li>• 6 months: refer to dentist, if needed</li> <li>• 12 months: begin yearly dental exams</li> <li>• Around 6–24 months when teeth start coming in: fluoride varnish</li> <li>• 6–24 months based on drinking water: fluoride prescription</li> </ul>
Tuberculosis	Check risk and test as doctor suggests
Vision	Birth to 24 months: check risk each visit
Weight, length, and head measurement	Each visit

<sup>1</sup> BMI is a number that compares height and weight. It shows if someone compared to their height is underweight, the right weight, or overweight. For children ages 2–19, the BMI percentile compares a child to other children.

## Ages 2½ to 10

At a wellness visit, depending on your child's age, the doctor may talk with you about:

- Promoting healthy nutrition.
- Exercise, growth, safety, and healthy habits.
- Any learning or school concerns.
- Emotional and mental health.
- Any concerns with family and homelife.
- Limiting ultraviolet (UV) radiation, like sunlight.

### The doctor may:

- Give a full-body exam.
- Give vaccines.
- Do other screenings and tests, and discuss other topics, listed in the chart.

Screenings, tests, and topics	When
Anxiety	Age 8: each year
Blood pressure	<ul style="list-style-type: none"> <li>• Before age 3: check risk</li> <li>• Age 3: each year</li> </ul>
Development of body, brain, and behavior	Each visit
Hearing	<ul style="list-style-type: none"> <li>• Before age 4: check risk each visit</li> <li>• Age 4: each year</li> </ul>
Height, weight, and body mass index (BMI) percentile <sup>1</sup>	Each year
Hemoglobin or hematocrit (blood count)	Check risk each year
Hepatitis B	Check risk each visit
Lead testing	Through age 6: check risk
Lipid disorder (cholesterol condition)	<ul style="list-style-type: none"> <li>• Ages 9–11: once</li> <li>• All other ages: check risk</li> </ul>
Oral/dental health	<ul style="list-style-type: none"> <li>• Dental exams each year</li> <li>• Around ages 2½ to 5: fluoride varnish on teeth as dentist suggests</li> <li>• Ages 2½ to 10 based on drinking water: fluoride prescription</li> </ul>
Tuberculosis	Check risk and test as doctor suggests
Vision	<ul style="list-style-type: none"> <li>• Before age 3: check risk each visit</li> <li>• Ages 3 and up: screening each year</li> </ul>

<sup>1</sup> BMI is a number that compares height and weight. It shows if someone compared to their height is underweight, the right weight, or overweight. For children ages 2–19, the BMI percentile compares a child to other children.

## Ages 11 to 20

At a wellness visit, the doctor may talk about:

- Growth and development, such as:
  - Oral health habits.
  - Body image.
  - Healthy eating.
  - Physical activity.
  - Sleep.
- Emotional well-being, including:
  - Mood control.
  - Overall mental health.
- Substance use, such as:
  - Alcohol.
  - Tobacco.
  - E-cigarettes.
  - Prescription drugs.
  - Illegal drugs.
- School performance.
- Safe sex and reducing risk of:
  - Sexually transmitted infections (STIs).
  - Pregnancy.
- Any concerns with family and homelife.
- Safety, including using:
  - Seat belts.
  - Helmets.
  - Sun protection.
- Firearm safety if you own or are around guns.
- Intimate partner violence.
- Limiting ultraviolet (UV) radiation, like sunlight.

### The doctor may:

- Give a full-body exam.
- Give vaccines.
- Do other screenings and tests, and discuss other topics, listed in the chart.

Screenings, tests, and topics	When
Blood pressure	Each year
Depression	Age 12: each year
Development of mind, body, and behavior	Each year
Hearing	Audiometry (hearing) screening once at ages: <ul style="list-style-type: none"> <li>• 11–14</li> <li>• 15–17</li> <li>• 18–21</li> </ul>
Height, weight, and body mass index (BMI) percentile <sup>1</sup>	BMI percentile to age 19, then BMI each year
Hemoglobin or hematocrit (blood count)	Check risk each year



## Visits for adults

### Women ages 20 and up<sup>2</sup>

At a wellness visit, the doctor may talk with you about:

- Diet and physical activity.
- Mental health, including depression.
- Oral and dental health.
- Tobacco use and how to quit.
- Avoiding secondhand smoke.
- Alcohol or drug use.
- Skin cancer risk.
- Intimate partner violence.
- Limiting ultraviolet (UV) radiation, like sunlight.
- Exercise for preventing falls over age 65.

- Family planning, such as:
  - Safe sex, including preventing sexually transmitted infections (STIs) if you are at increased risk.
  - Birth control to help avoid unwanted pregnancy.
  - Folic acid supplements if you are of childbearing age.
  - Spacing out pregnancies for the best birth outcomes.

You may also get vaccines and screenings, and discuss other topics, listed in the chart.

Screenings, tests, and topics	When
Hepatitis B	<ul style="list-style-type: none"> <li>• Check risk each year</li> <li>• If at increased risk: screen</li> </ul>
Hepatitis C	<ul style="list-style-type: none"> <li>• Ages 18–79: screen</li> <li>• Check risk each year</li> </ul>
Human immunodeficiency virus (HIV)	<ul style="list-style-type: none"> <li>• Ages 15–18: screen once</li> <li>• Check risk each year</li> <li>• If at high risk: doctor should offer medicine to prevent HIV called pre-exposure prophylaxis (PrEP)</li> </ul>
Lipid disorder (cholesterol condition)	<ul style="list-style-type: none"> <li>• Ages 9–11: once</li> <li>• Ages 17–21: once</li> <li>• Every other year: check risk</li> </ul>
Oral/dental health	<ul style="list-style-type: none"> <li>• Referral to dentist each year</li> <li>• Ages 11–16 based on drinking water: fluoride prescription</li> </ul>
Sexually transmitted infections (STIs), including chlamydia and gonorrhea	Age 11 if sexually active: each year
Substance and tobacco use	Age 11: check risk each year
Sudden cardiac arrest/death	Age 11: check risk each year
Syphilis	If at increased risk: screen
Tuberculosis	Check risk each year and test as doctor suggests
Vision	Each year

<sup>1</sup> BMI is a number that compares height and weight. It shows if someone compared to their height is underweight, the right weight, or overweight. For children ages 2–19, the BMI percentile compares a child to other children.

Screenings, tests, and topics	When
Blood pressure	<ul style="list-style-type: none"> <li>• Each year or as doctor suggests</li> <li>• Recheck high readings at home</li> </ul>
BRCA gene risk	<p>Check risk as doctor suggests if:</p> <ul style="list-style-type: none"> <li>• Personal or family history of breast, ovarian, tubal, or peritoneal cancer</li> <li>• Ancestry may have higher risk of mutations in BRCA genes 1 and 2, which can cause cancer</li> </ul>
Breast cancer risk	<ul style="list-style-type: none"> <li>• Age 35 and older at increased risk: check risk as doctor suggests</li> <li>• If at increased breast cancer risk and low risk of medicine side effects: doctor should offer medicines that can reduce risk, such as tamoxifen, raloxifene, or aromatase inhibitors</li> </ul>
Cardiovascular disease (CVD) risk assessment	<ul style="list-style-type: none"> <li>• Ages 40–75: as doctor suggests</li> <li>• If at increased risk: doctor should offer low-to-moderate-dose statin (cholesterol medicine)</li> <li>• May need lipid screening to check risk</li> </ul>

Screenings, tests, and topics	When
Cervical cancer	<ul style="list-style-type: none"> <li>Ages 21–29: Pap test every three years</li> <li>Ages 30–65: Do one: <ul style="list-style-type: none"> <li>Pap test every three years</li> <li>Human papillomavirus (HPV) test every five years</li> <li>HPV/Pap cotest (testing together) every five years</li> </ul> </li> <li>Age 65: <ul style="list-style-type: none"> <li>Normal results for last three Pap tests or last two HPV/Pap cotests in last 10 years: stop testing</li> <li>Abnormal Pap test in last 20 years: talk with doctor</li> </ul> </li> </ul>
Chlamydia and gonorrhea	<ul style="list-style-type: none"> <li>Age 24 or younger if sexually active</li> <li>Age 25 and older if at increased risk of infection</li> </ul>
Colorectal cancer (cancer of colon and rectum)	<p>Ages 45–75: doctor may suggest one or more tests:</p> <ul style="list-style-type: none"> <li>Stool (feces) tests: <ul style="list-style-type: none"> <li>Fecal immunochemical test (FIT)</li> <li>FIT-DNA: stool and DNA combo test</li> <li>Guaiac-based fecal occult blood test (gFOBT)</li> </ul> </li> <li>Visual tests: <ul style="list-style-type: none"> <li>Colonoscopy using small camera on flexible tube to look at entire colon</li> <li>Computed tomography (CT) colonography using CT scanner to take images inside colon</li> <li>Flexible sigmoidoscopy using small camera on flexible tube to look at sigmoid colon, the last part of the colon</li> </ul> </li> </ul>
Depression	Each year
Eye Exam	Each year
Glucose (blood sugar) screening for type 2 diabetes	<ul style="list-style-type: none"> <li>Ages 35–70, especially if overweight or obese: as doctor suggests</li> <li>High blood sugar: talk to doctor about counseling to promote healthy diet and physical activity</li> </ul>
Height, weight, and body mass index (BMI) <sup>3</sup>	<ul style="list-style-type: none"> <li>Each year or as doctor suggests</li> <li>High BMI of 30 or more: doctor should offer help to increase exercise and improve eating habits</li> </ul>
Hepatitis B	If at increased risk: screen

Screenings, tests, and topics	When
Hepatitis C	Ages 18–79: screen
Human immunodeficiency virus (HIV)	<p>Ages 19–60: as doctor suggests</p> <p>If at high risk: doctor should offer medicine to prevent HIV called pre-exposure prophylaxis (PrEP)</p>
Lung cancer with low-dose computed tomography (LDCT)	Age 50 if currently smoke or quit in past 15 years AND smoked a pack a day for 20 years or two packs a day for 10 years
Mammogram (breast X-ray)	<ul style="list-style-type: none"> <li>Talk to doctor to decide when to start mammograms</li> <li>Ages 40–74: consider screening every year or two, based on what you and your doctor decide</li> </ul>
Osteoporosis test to check how dense your bones are	<ul style="list-style-type: none"> <li>Menopause: talk to doctor about osteoporosis and have test when at risk</li> <li>By age 65: start testing</li> </ul>
Syphilis	If at increased risk: screen
Tuberculosis	If at increased risk: screen for latent infection (infection without feeling sick)

2 These guidelines use the words “men” and “women.” The guidance is about biological sex, like male and female, not gender identity. To figure out the best guidelines for you, think about your sex at birth and current anatomy. You can also talk to your doctor.

3 BMI is a number that compares height and weight. It shows if someone compared to their height is underweight, the right weight, or overweight.



## Pregnant women

Within the first three months of pregnancy, it's important to visit a doctor to set up a prenatal care plan. At each visit, your doctor will check the health of you and 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.
- Breastfeeding, lactation supplies, and counseling.

### Testing:

Your doctor may want you to have screenings for:

- **Asymptomatic bacteriuria in urine.** This is when there are bacteria in urine but no symptoms of a urinary tract infection. You'll screen for this as your doctor suggests.
- **Depression.** These screenings happen during and after pregnancy.
- **Gestational diabetes.** This is diabetes that starts during pregnancy. Screenings start at 24 weeks or later.
- **Hematocrit/hemoglobin.** This is a test for blood count.
- **Hepatitis B.** It's recommended to screen at your first prenatal visit.
- **Human immunodeficiency virus (HIV).** It's recommended to check if your status is unknown, if you arrive in labor, and at delivery. If you're at high risk of getting HIV, your doctor should offer medicine to prevent HIV called pre-exposure prophylaxis (PrEP).
- **Preeclampsia.** This is high blood pressure that causes problems during pregnancy. If you have a high risk of preeclampsia, your doctor may want you to take a low-dose aspirin.

- **Rh(D) blood type and antibodies.** This test checks if the blood types of you and your baby work well together. If you are Rh(D) negative, you'll repeat the test at 24–28 weeks.
- **Rubella immunity.** This shows if you need a vaccine for rubella (German measles) after giving birth.
- **Syphilis.** This is a sexually transmitted disease. It's recommended to screen for it at your first prenatal visit.

There are other tests and screenings to check the baby for health concerns. They include:

- **Amniocentesis.** This is an ultrasound and test of the fluid around the baby.
- **Cell-free DNA.** This is a blood test to check for chromosomal abnormalities in the baby.
- **Chorionic villus sampling.** This checks for birth defects and more.
- **Ultrasound tests.** These show the baby in the womb. During the first three months, these and blood tests check the baby for chromosomal abnormality risk and more.

### Keep in mind that the right tests and the right times to do them depend on:

- Your age.
- Your medical history.
- Your family history.

### Talk to your doctor about:

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

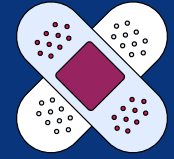
### Vaccines:

- **Flu:** If you are pregnant during flu season from October through March, your doctor may want you to have a flu shot with the inactivated (killed) virus.

### Tdap (tetanus, diphtheria, and pertussis):

It is important to get this vaccine during pregnancy. The best time is between weeks 27–36. However, you can get it at any time while pregnant.

It's best to get most vaccines before pregnancy. Check with your doctor to make sure your vaccines are up to date.



### Pregnant women should NOT get vaccines for:

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

## Men ages 20 and up<sup>2</sup>

At a wellness visit, the doctor may talk with you about:

- Diet and physical activity.
- Mental health, including depression.
- Oral and dental health.
- Tobacco use or how to quit.
- Avoiding secondhand smoke.
- Drinking alcohol and using drugs.
- Skin cancer risk.
- Limiting ultraviolet (UV) radiation, like sunlight.

- Intimate partner violence.
- Exercise over age 65 to prevent falls.
- Family planning, such as:
  - Safe sex, including preventing sexually transmitted infections (STIs) if you are at increased risk.
  - Preventing unwanted pregnancy.

You may also get vaccines and screenings, and discuss other topics, listed in the chart.

Screenings, tests, and topics	When
Abdominal aortic aneurysm (enlarged blood vessels in the abdomen)	Ages 65–75 if ever smoked: once
Blood pressure	<ul style="list-style-type: none"> <li>• Each year or as doctor suggests</li> <li>• Recheck high readings at home</li> </ul>
Cardiovascular disease (CVD) risk assessment	<ul style="list-style-type: none"> <li>• Ages 40–75: as doctor suggests</li> <li>• If at increased risk: doctor should offer low- to moderate-dose statin (cholesterol medicine)</li> <li>• May need lipid screening to check risk</li> </ul>

Screenings, tests, and topics	When
Colorectal cancer (cancer of colon and rectum)	<p>Ages 45–75: doctor may suggest one or more tests:</p> <ul style="list-style-type: none"> <li>• Stool (feces) tests: <ul style="list-style-type: none"> <li>– Fecal immunochemical test (FIT)</li> <li>– FIT-DNA: stool and DNA combo test</li> <li>– Guaiac-based fecal occult blood test (gFOBT)</li> </ul> </li> <li>• Visual tests: <ul style="list-style-type: none"> <li>– Colonoscopy using small camera on flexible tube to look at entire colon</li> <li>– Computed tomography (CT) colonography using CT scanner to take images inside colon</li> <li>– Flexible sigmoidoscopy using small camera on flexible tube to look at sigmoid colon, the last part of the colon</li> </ul> </li> </ul>
Depression	Each year
Eye exam	Each year
Glucose (blood sugar) screening for type 2 diabetes	<ul style="list-style-type: none"> <li>• Ages 35–70, especially if overweight or obese: as doctor suggests</li> <li>• High blood sugar: talk to doctor about counseling to promote healthy diet and physical activity</li> </ul>
Height, weight, and body mass index (BMI) <sup>3</sup>	<ul style="list-style-type: none"> <li>• Each year or as doctor suggests</li> <li>• High BMI of 30 or more: doctor should offer help to increase exercise and improve eating habits</li> </ul>
Hepatitis B	If at increased risk: screen
Hepatitis C	Ages 18–79: screen
Human immunodeficiency virus (HIV)	<p>Ages 19–60: as doctor suggests</p> <p>If at high risk: doctor should offer medicine to prevent HIV called pre-exposure prophylaxis (PrEP)</p>
Lung cancer with low-dose computed tomography (LDCT)	Age 50 if currently smoke or quit in past 15 years AND smoked a pack a day for 20 years or two packs a day for 10 years
Prostate cancer	Ages 55–69: talk with doctor about risks and benefits of prostate cancer tests
Syphilis	If at increased risk: screen
Tuberculosis	If at increased risk: screen for latent infection (infection without feeling sick)

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## Information on vaccines

### Hepatitis B:

- Newborns: first dose within 24 hours of birth if not born in hospital
- Children: talk to your child’s doctor or visit [cdc.gov](https://www.cdc.gov)
- Ages 60+: talk to your doctor

**Influenza (flu):** learn more at [flu.gov](https://www.flu.gov) or [cdc.gov](https://www.cdc.gov)

**Measles, mumps, rubella (MMR) and varicella (chickenpox):** talk to your doctor and learn more at [cdc.gov](https://www.cdc.gov)

**Hepatitis A:** if no vaccine at ages 2–18, discuss catch-up vaccine with doctor

**Pneumococcal conjugate (PCV13):** if child ages 14–59 months did not complete series, talk to doctor

**Tdap:** if no vaccine age 7 through adulthood, discuss catch-up vaccine with doctor

### Human papillomavirus (HPV):

- Ages 9–12: recommended time to start vaccine. Two doses at least six months apart.
- If no vaccine ages 9–12, talk to your doctor.

### Meningococcal:

- Discuss risks and work with your doctor on when to start and get vaccines
- Ages 16–23 not at high risk: talk with your doctor
- Children and adults at increased risk: vaccination recommended, with timing based on:
  - Vaccine brand.
  - Age at first dose.
  - Person’s risk factors.

**Zoster:** Shingrix® recommended even if received Zostavax (shingles) vaccine

### Pneumococcal polysaccharide (PCV15, PCV20, PPSV23):

- If never had vaccine or unsure, talk to your doctor or visit [cdc.gov](https://www.cdc.gov)
- If had PSV13 vaccine, ask doctor what dose is best for you

Please see the chart on the next page for the suggested vaccine schedule.

# Suggested vaccine schedule

Visit [cdc.gov/vaccines](https://cdc.gov/vaccines) for more on vaccines and current COVID-19 recommendations.

Vaccine	Birth	1-2 months	2 months	4 months	6 months	6-18 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	✓	✓				✓					19-59 years				
Rotavirus (RV)			2-3 doses, based on vaccine brand												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)											✓		Booster every 10 years		
Haemophilus influenzae type b (Hib)			3-4 doses, based on vaccine brand, at 2-15 months. 1st dose at 2 months. Last dose at 12-15 months.												
Pneumococcal conjugate (PCV13)			✓	✓	✓		✓								
Inactivated polio virus (IPV)			✓	✓		✓				✓					
Influenza (flu)					Suggested each year   6 months to 8 years: two doses at least four weeks apart for first vaccine										
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chickenpox)							✓			✓					
Hepatitis A							2 doses at 12-23 months, taken 6-18 months apart								
Human papillomavirus (HPV)										9-12 years: 2-3 doses					
Meningococcal											✓	Booster at 16 if first dose ages 11-12			
Pneumococcal polysaccharide (PCV15, PCV20, PPSV23)														✓	
Zoster herpes zoster subunit (HZ/su) recombinant vaccine													2 doses for ages 50+ at 2-6 months apart		





Do you need help with your healthcare, talking with us, or reading what we send you? We provide our materials in other languages and formats at no cost to you. Call us toll free at 833-731-2140 (TTY 711).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos sin costo alguno para usted. Llámenos a la línea gratuita al 833-731-2140 (TTY 711).