



Wellness and Preventive Care

Take an easy step towards good health

Your number one way to help yourself and your family stay healthy is with preventive care. When combined with healthy eating and exercise, vaccines and early detection are your key to a long and healthy life. That's why your employer offers many preventive treatments at no cost to you when you visit a doctor in your network.

Wellness and preventive care

The following is a list of preventive care guidelines published by the Centers for Disease Control and Prevention.

Adult Preventive Guidelines (Male and Female)

Exam	Frequency	Purpose
Height, weight and BMI	Yearly, or as needed	To check for being underweight or overweight
Blood pressure	Yearly, or as needed beginning at age 18 (High blood pressure is greater than 140/90)	To check for signs of high blood pressure
Fecal occult blood	Yearly, or as needed, beginning at age 50	To check for blood in the colon
Blood sugar (glucose)	Every 3 years for adults at low risk. Yearly for those at high risk	To check for signs of diabetes
Cholesterol	Every 5 years, for men aged 35 and older, and men and women at high risk aged 20 and older	To check for high cholesterol levels (risk factor for coronary heart disease)
Sigmoidoscopy	Every 5 years, beginning at age 50, or as needed	To check for early signs of colon cancer
Colonoscopy	Every 10 years, beginning at age 50, or as needed	To check for early signs of colon cancer
Electrocardiogram	As needed	To check your heart rate or rhythm/any signs of blockage

Adult Preventive Guidelines (Female)

Exam	Frequency	Purpose
Mammography	Bi-annually, between 50–74 years of age	To check for lumps
Pelvic exam and pap smear	Every 3 years, or as needed, beginning within 3 years of becoming sexually active, or at age 21	To check for any changes in the female organs
Bone density	As needed, beginning at age 65, or earlier if risk factors for osteoporosis are present	To check for signs of osteoporosis

Adult Preventive Guidelines (Male)

Exam	Frequency	Purpose
Prostate exam	If you are age 50 or older, discuss with your doctor	To screen for prostate cancer

Adult Preventive Immunization Guidelines (Male and Female)

Exam	Frequency
Pneumococcal	1-2 between 19 to 64, revaccinate at age 65
Tetanus-Diphtheria-Pertussis	Beginning at age 19, then every 10 years
Influenza (flu shot)	Annually
Hepatitis A, Hepatitis B	As indicated by physician
Meningococcal	Once for first year college students living in a dormitory, or as indicated by physician
Herpes Zoster	Once at age 60
HPV	May be given up to age 26 for those who have not yet completed the vaccine series
Measles/Mumps/Rubella	1-2 doses for adults ages 18 to 55 if no evidence of immunity
Varicella	Twice for adults, if no evidence of immunity

Adult Preventive Counseling Guidelines (Male and Female)

Exam	Frequency	Purpose
Depression screen/stress management	As needed	To help identify behavior issues

Pediatric Preventive Guidelines

Exam (Birth–24 months)	Frequency
Height and weight, head circumference	Birth to 18–24 months
Immunizations	Refer to CDC guidelines
Recommended well visits	Birth to 15 months: At least 6 visits 15 to 24 months: 3 visits
Hearing exam	At birth
Exam (2–6 years)	Frequency
Height and weight, blood pressure (over 4 years)	As scheduled by pediatrician
Immunizations	Refer to CDC guidelines
Exam (7–12 years)	Frequency
Height and weight, blood pressure	As scheduled by pediatrician
Immunizations	Refer to CDC guidelines
Recommended well visits	Refer to CDC guidelines
Anticipatory guidance	Diet and exercise, substance abuse (tobacco, alcohol and other drugs), sexual practices (pregnancy and STDs), injury prevention (safety belts, safety helmets, firearms, violent behavior), dental health, skin protection for UV light and suicide risk factors

For more information about preventive care, you can visit the website for the United States Department of Health and Human Services at: <http://healthfinder.gov/myhealthfinder>.

You can also visit <http://www.hrsa.gov/womensguidelines> and <https://www.healthcare.gov/what-are-my-preventive-care-benefits>

If you have questions, we can help. Simply call Meritain Health Customer Service using with phone number on your member ID Card.

This material is for information only. Health benefits plans contain exclusions and limitations. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change.

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