

Preventive health guidelines

2021

Take steps today for a healthier 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 guidelines are based on state-specific requirements and tips from health experts, including:

- 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:

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

Always get personal 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 receive them, and how often.



Well-baby visits — birth to 2 years old

Infants need to be seen by a doctor at birth, at the following 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 the following:

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

Screenings	When to receive them
Weight, length, and head measurement	At each visit
BMI percentile ¹	At 24 months
Newborn metabolic, such as PKU (when the body is unable 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 months, at 18 months, and at each visit
Hearing	At 12 months, at 24 months, and at each visit
Vision	As a newborn and at each visit
Blood pressure	Check for risks at each visit
Oral and dental health	Referral to a dentist, if needed — begin 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

¹ 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

Depending on your child’s age, the doctor may talk with you about:

- How to promote healthy nutrition.
- Exercise, growth, safety, and healthy habits.
- Any learning or school issues.
- Emotional and mental health.
- Family and home living issues.

During the visit, your child may receive:

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

Screenings	When to receive them
Height, weight, BMI percentile ¹	Each year
Development — brain, body, and behavior	At each visit
Vision	Each year
Hearing	Each year
	Referral to a dentist, if needed
	Dental exams each year
Oral and dental health	Fluoride varnish on the teeth when the dentist suggests (between 2 1/2 to 5 years old)
	Fluoride prescription based on your drinking water (between 2 1/2 to 10 years old)
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
Lipid disorder (cholesterol problems)	Once between ages 9 to 11
	Check for risks at all other ages
Tuberculosis	Check for risks and test as the doctor suggests

1 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 over weight.

Well-child visits — 11 to 20 years old

Depending on age, the doctor may talk about:

- **Growth and development**, such as oral health habits, body image, healthy eating, physical activity, and sleep.
- **Emotional well-being**, including mood control and overall mental health.
- **Safe sex**, especially reducing 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 protection.
- **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 receive them
Height, weight, BMI ¹	Percentile to age 18, then BMI each year
Development — mind, body, and behavior	Each year
Depression	Each year starting at age 12
Blood pressure	Each year
Vision	Each year
Hearing	Each year
	Each year
Oral and dental health	Fluoride prescription based on your drinking water (between ages 11 to 16)
Hemoglobin or hematocrit (blood count)	Check for risks each year
	Once between ages 9 to 11
Lipid disorder (cholesterol problems)	Once between ages 17 to 21
STIs, including chlamydia	Starting at age 11, if sexually active
HIV	Screen once between ages 15 to 18
Substance use disorder and tobacco addiction	Check for risks each year starting at age 11

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Wellness visits — adult women

During your 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 or using drugs.
- Skin cancer risks.
- Family planning, including:
 - 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), including HIV and hepatitis B (if at risk).
 - Folic acid supplements for women of childbearing age.

You may also receive vaccines and these screenings:

Screenings	When to receive them
Height, weight, BMI ¹	Each year or as your doctor suggests
Blood pressure	Each year or as your doctor suggests. Recheck high readings at home.
Mammogram ² (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 combination 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.
Colorectal cancer (of the colon and rectum)	From ages 50 to 75, ³ your doctor may suggest one or more of these test options: 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 flexible tube to look at your entire 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)
Chlamydia and gonorrhea	If sexually active and age 24 or younger
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)

Wellness visits — adult women continued

Screenings	When to receive them
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
Osteoporosis (checks how dense your bones are)	Testing should start no later than age 65 Women in menopause should talk to their doctor about osteoporosis and have the test if at risk

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2 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.

3 If you are African American, screening can begin at age 45.

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 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.
- Breastfeeding, lactation supplies and counseling.

Testing:

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

- **Depression** screenings (done during and after pregnancy)
- **Diabetes**
- **Preeclampsia**¹ (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**
- **HIV**
- **Syphilis**
- **Urine** for asymptomatic bacteriuria, as your doctor suggests

Other tests and screenings:

- **Amniocentesis** (an ultrasound and testing of the fluid surrounding your baby)
- **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 medical history 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.

1 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 receive the vaccine between weeks 27 and 36, although it may be given at any time during pregnancy.

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

You should NOT receive these vaccines while you are pregnant:

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

Wellness visits — adult men

During your 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 risks.
- Family planning, including:
 - Safe sex and preventing unwanted pregnancy with a partner.
 - Checking for sexually transmitted infections and diseases (STIs and STDs), including HIV and hepatitis B (if high risk).

You may also receive vaccines and these screenings:

Screenings	When to receive them
Height, weight, BMI ¹	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	Statins (cholesterol medicine) may be needed for people ages 40 to 75 who have a higher risk of cardiovascular disease (such as heart disease) From ages 50 to 75, ² your doctor may suggest one or more of these test options: 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 flexible tube to look at your entire 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 (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
Prostate cancer	From ages 55 to 69, talk with your doctor about the risks and benefits of prostate cancer tests

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2 If you are African American, screening can begin at age 45.

Vaccines ↓ Ages →	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	✓	✓				✓								
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 1st 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		

* 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).

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o para leer lo que le enviamos? Le ofrecemos nuestros materiales en
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