

For men and women age 50 and older

Topics you may want to discuss with your doctor

Nutrition

- Eat a healthy diet. Limit fat and calories. Eat fruits, vegetables, beans, and whole grains every day.
- Optimal calcium intake is estimated to be 1,500 mg/day for postmenopausal women not on estrogen therapy.
- Vitamin D is important for bone and muscle development, function, and preservation.

Sexual health

- Sexually transmitted infection (STI)/HIV prevention;⁶ practice safer sex (use condoms) or abstinence.

Substance use disorder

- Stop smoking. Limit alcohol consumption. Avoid alcohol or drug use while driving.

Dental health

- Floss and brush with fluoride toothpaste daily. Seek dental care regularly.

Other topics for discussion

- Fall prevention.
- Possible risks and benefits of hormone replacement therapy (HRT) for postmenopausal women.
- Risks for and possible benefits of prostate cancer screening in men to determine what is best for you.
- The dangers of drug interactions.
- Physical activity.
- Glaucoma eye exam by an eye care professional (i.e., an ophthalmologist, optometrist) for those age 65 and older.

For heart health, adults should exercise regularly (at least 30 minutes a day on most days), which can help reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes. Consult your physician before starting a new vigorous physical activity.

Immunizations

Flu, annual	Recommended ²
Hepatitis A	For individuals with risk factors; for individuals seeking protection ³
Hepatitis B	For individuals with risk factors; for individuals seeking protection ⁴
Meningococcal	Booster every five years if risk remains.
MMR (measles, mumps, rubella)	Once, without proof of immunity or if no previous second dose ⁵
Pneumococcal (pneumonia)	Recommended for individuals age 65 and older; and individuals under age 65 with risk factors ⁷
Td booster (tetanus, diphtheria)	Recommended once every 10 years ¹⁵
Varicella (chickenpox)	Recommended for adults without evidence of immunity; 2-dose series 4–8 weeks apart ¹⁰
Zoster (shingles)	Two doses of RZV for all adults age 50 and older. ZVL may be used as an alternative for adults age 60 and older.

Screenings/counseling/services

AAA (abdominal aortic aneurysm)	For ages 65–75 who have ever smoked, one-time screening for AAA by ultrasonography
Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Aspirin	Use for primary prevention of cardiovascular disease and colorectal cancer for adults who are at increased risk ¹⁹
Blood pressure, height, weight, BMI, vision, and hearing	At annual exam
BRCA risk assessment and genetic counseling/testing	Women with a positive result on the risk assessment tool or have a family history of breast, ovarian, tubal, prostate, pancreatic, or peritoneal cancer are recommended to receive genetic counseling and/or genetic testing. ²⁰
Breast cancer	Recommend mammogram every 1–2 years beginning at age 40; BRCA/BART testing is covered if medically necessary ²⁰
Breast cancer chemoprevention	Covered for individuals at high risk for breast cancer and low risk for adverse effects from chemoprevention
Cardiovascular disease	Statin use for primary prevention in adults ³⁵
Cervical cancer	Every 3 years if cervix present; after age 65, Pap tests can be discontinued if previous tests have been normal
Chlamydia and Gonorrhea	Screening for individuals who are at increased risk for infection ¹¹
Colorectal cancer	Screening for adults ages 50–75 ²¹
Depression	Screening for all adults
Diabetes	Screening for overweight or obese adults ages 40–70 ²²
Domestic violence and abuse	Screening for interpersonal and domestic violence for adolescents, women, and women of childbearing age ³⁴
Drug Misuse	Screening for unhealthy drug use ²⁵
Fall prevention	Recommended exercise interventions for adults ages 65 or older at increased risk ²⁸
Healthy diet and physical activity	Behavioral counseling ²⁷
Hepatitis C	Screening for HCV infection in persons at high risk of infection ³⁰
HIV	Screening for all adolescents and adults ages 15–65. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition.
Latent tuberculosis infection (LTBI)	Screening for asymptomatic adults at increased risk for infection ³³
Lipid disorder	Screening periodically
Lung cancer	Screening for lung cancer in persons with smoking history ³¹
Mammography	Biennial mammography recommended for women age 50 and older
Obesity	Screening, counseling, and behavioral interventions and offer or refer to comprehensive intensive behavioral intervention to promote improvements in weight status
Osteoporosis	Routine screening for women age 65 and older and for men age 70 and older – beginning age can be reduced for individuals at increased risk ¹³
Sexually transmitted infections	Behavioral counseling as needed ²⁶
Syphilis	Screening for individuals at increased risk for infection ¹²
Tobacco use and cessation	Screening for tobacco use and cessation intervention

For pregnant women

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Aspirin	Low-dose aspirin use for the prevention of morbidity and mortality from preeclampsia ¹⁴
Asymptomatic bacteriuria	Recommended screening using urine culture in pregnant women.
Breast-feeding counseling	Promote breast-feeding to pregnant or postpartum women. Provide comprehensive lactation support and breast-feeding equipment.
Chlamydia and Gonorrhea	During first prenatal visit and second screening during the third trimester for those at increased risk ¹¹
Depression	Refer pregnant and postpartum persons who are at increased risk of depression to counseling interventions
Drug Misuse	Screening for unhealthy drug use ²⁵
Folic acid	Discuss use of 0.4 to 0.8 mg daily
Gestational diabetes	Women between 24- to 28-week gestations and the first prenatal visit for pregnancy. Women identified to be at increased risk for diabetes.
Hepatitis B	First prenatal visit ²⁹
HIV	First prenatal visit ²³
Preeclampsia	Screening with blood pressure measurements
Rh (D) incompatibility	Recommended repeated Rh(D) antibody testing for all unsensitized Rh(D) – negative women at 24 to 28 weeks' gestation, unless the biological father is known to be Rh(D) – negative
Syphilis	Recommend early screening for infection in all pregnant women ¹²
Tdap	One dose of Tdap is recommended during each pregnancy, preferably in the early part of the gestational weeks 27–36
Tobacco use and cessation	Screening for tobacco use and tobacco-cessation intervention

Having a baby? Be aware that while almost all women get the “baby blues” after childbirth, as many as 10% will get postpartum depression. For more information, visit our website, blueshieldca.com, or see your healthcare provider.

Recommendations for a healthy pregnancy

Prenatal care

Begin within 14 days of confirming pregnancy.

Dietary supplements

Women of childbearing age should take 0.4 to 0.8 mg of folic acid daily to decrease the risk of fetal brain and spinal cord birth defects. The recommended calcium intake for pregnant or nursing women is 1,000 milligrams daily.

Screenings and diagnostics

Blood pressure and weight check at all visits; urine test; obstetrical history and physical; screenings for asymptomatic bacteriuria; chlamydia; gestational diabetes; Group B streptococcal bacteria; hepatitis B; syphilis; gonorrhea; hematocrit; rubella; varicella; Rh (D) incompatibility; HIV counseling and screening; ultrasonography;

screening for alpha fetoprotein; chorionic villus screening (CVS) or amniocentesis (for women age 35 and older); blood tests for certain birth defects; fundal height; fetal heart tones.

Discussion topics at prenatal care visits

Prior vaccinations (including flu shots), history of genital herpes, nutrition, smoking cessation, other medication and drug use, preterm labor risk, domestic abuse, mental health as an initial intervention service after screening for interpersonal and domestic violence, and other medication and drug use.

Postpartum care

To be performed within three to seven weeks following delivery. Postpartum exam to include weight, blood pressure, breast and abdomen exam, or pelvic exam.