

Preventive Health Guidelines



The power of prevention

The power of prevention

**Put these preventive health guidelines into practice.
Your and your family's health could depend on it.**

You've probably heard the old saying, "An ounce of prevention is worth a pound of cure." Preventive services, screenings, and tests are often the best first steps in preventing illness. They also allow for rapid response during the early onset of health problems. Treatments can be most effective during this time.

It is important for you and your family to stay current with the recommended preventive services, screenings, and tests. These vary based on age, gender, medical history, current health, and family history.

We have compiled the following best-practice guidelines. These can help you keep track of what's needed and when.

For all covered services, please refer to your *Evidence of Coverage* (EOC) or the Medi-Cal Handbook. You can also log in to your account at blueshieldca.com/login or call the Customer Care number on your member ID card.

For children ages 0 to 2

Topics you may want to discuss with your doctor

Safety

- Use a checklist to “babyproof” your home.
- Check your home for the presence of lead paint.

Nutrition

- Breastfeeding and iron-enriched formula and food for infants.

Dental health

- Do not put your baby or toddler to bed with a bottle containing juice, milk, or other sugary liquid. Do not prop a bottle in a baby’s or toddler’s mouth. Clean your baby’s gums and teeth daily.
- Use a clean, moist washcloth to wipe gums. Use a soft toothbrush with water only, beginning with eruption of first tooth.
- Age 6 months to preschool: Discuss with your dentist about taking an oral fluoride supplement if water is deficient in fluoride.
- Age 2: Begin brushing child’s teeth with pea-size amount of fluoride toothpaste.

Immunizations

Shot number in a series	1	2	3	4
COVID-19	Recommended for everyone ages 6 months and older ²⁹			
DTaP (diphtheria, tetanus, acellular pertussis)	2	4	6	15–18 months
Flu, annual	For children 6 months and older ^{2,18}			
Hepatitis A	12–23 months (second dose at least 6 months after first)			
Hepatitis B	0 (birth)	1–2	6–18 months	
Hib (Haemophilus influenzae type b)	2	4	6	12–15 months
IPV (inactivated poliovirus vaccine)	2	4	6–18 months	
Meningococcal Age 2–18 months	For children with risk factors			
MMR (measles, mumps, rubella)	First dose at 12–15 months, second dose at ages 4–6			
Pneumococcal (pneumonia)	2	4	6	12–15 months
Rotarix (rotavirus), or	2	4 months		
RotaTeq (rotavirus)	2	4	6 months	
Varicella (chicken pox)	12–15 months, second dose at ages 4–6			

Screenings/counseling/services

Annual exam	Includes head circumference, length/height, weight, body mass index (BMI), blood pressure, age appropriate exam and history and coordination of preventive services.
Autism Spectrum Disorder	Screening recommended at 18 and 24 months
Behavioral/Social/Emotional Screening	Family-centered assessment recommended. This may include assessments of health conditions related to things like where people live, work, and play.
Blood Lead Screening	Screening recommended at 12 months and 24 months via capillary or venous blood sampling (blood test)
Dental care	Discuss use or prescription of oral supplement for ages 6 months and older. Fluoride varnish application to primary teeth of infants and children 6 months to 5 years old. ²⁴
Developmental Screening	Screening recommended in infants and young children for developmental disorders
Gonococcal ophthalmia	Topical eye medication. This is given during initial newborn care.
Newborn Screening Panel	Screening recommended for all disorders listed on the Recommended Uniform Screening Panel (RUSP) ²³
Skin cancer	Behavioral counseling to reduce sun exposure for people ages 6 months to 24 years old at high risk
Vision and Hearing	Screening recommended Recommends screening to detect amblyopia (lazy eye) or its risk factors ¹

Injury prevention for infants and young children

Decrease risk of SIDS

Sudden infant death syndrome (SIDS) is a leading cause of death for infants. Put infants to sleep on their backs. This decreases the risk of SIDS.

Protect your children with car seats

Use the right car seat for your vehicle and for your child’s weight. Read the car seat and vehicle manufacturer’s instructions about how to install and use it. Use a rear-facing car seat until your child is at least 1 year old and weighs at least 20 pounds.

Babyproof your home

Take these steps to give your child a safe home environment:

- Keep medicines, cleaning liquids, and other dangerous substances in childproof containers. These should be locked up and out of reach of children.
- Use safety gates across stairways (top and bottom). Use guards on windows above the first floor.
- Keep hot-water heater temperatures below 120° F.
- Keep unused electrical outlets covered with plastic guards.
- Consider not placing your baby in a baby walker. If you do, provide constant supervision. Block the access to stairways and to objects that can fall (such as lamps) or cause burns (such as stoves or electric heaters).
- Keep objects and foods that can cause choking away from your child. This includes things like coins, balloons, small toy parts, hot dogs (whole or small bites), peanuts, and hard candy.
- Use fences that go all the way around pools. Keep gates to pools locked.

For children ages 3 to 10

Topics you may want to discuss with your doctor

Safety

- Use a checklist to “child-proof” your home.
- Check your home for the presence of lead paint.

Exercise

- Take part in physical activity as a family. For example, taking walks or playing at the playground.
- Limit screen time to less than two hours a day. This includes mobile devices, computers, and television.

Nutrition

- Promote a healthy diet. Limit fat and calories. Serve fruits, vegetables, beans, and whole grains every day.

Dental health

- Ask your dentist when and how to floss child’s teeth.
- Age 5: Talk to your dentist about dental sealants.

Other things to talk about

- Well-child visits are a good time to talk to your doctor about any concerns you have with your child’s health, growth, or behavior.

Immunizations

COVID-19	Recommended for everyone ages 6 months and older ²⁹
Dengue	Three-dose series for children ages 9–16 living in dengue endemic areas and have laboratory confirmation of previous dengue infection ⁶
DTaP (diphtheria, tetanus, acellular pertussis)	Fifth dose at ages 4–6 (Tdap for age 7 and above)
Flu, annual	Recommended ^{2,18}
Hepatitis A	For children not previously vaccinated and risk factors are present
Hepatitis B	For children who did not complete the immunization series between 0 and 18 months
Hib (Haemophilus influenzae type b)	For children not previously vaccinated and risk factors are present
IPV (inactivated poliovirus vaccine)	Fourth dose at ages 4–6
Meningococcal	For children with risk factors
MMR (measles, mumps, rubella)	Second dose at ages 4–6
Pneumococcal (pneumonia)	For children with risk factors ⁶ or an incomplete schedule (ages 2–5)
Tdap (tetanus, diphtheria, pertussis)	For children not previously vaccinated with DTaP
Varicella (chicken pox)	Second dose at ages 4–6

Screenings/counseling/services

Annual Exam	Includes height, weight, body mass index (BMI), blood pressure, age appropriate exam and history and coordination of preventive services.
Behavioral/Social/Emotional Screening	Family-centered assessment recommended. This may include assessments of health conditions related to things like where people live, work, and play.
Blood Lead Screening	Screening recommended for children 24 to 72 months with no documented evidence of screening via capillary or venous blood sampling (blood test)
Dental care	Discuss use or prescription of oral supplement for ages 6 months and older. Fluoride varnish application to primary teeth of infants and children 6 months to 5 years old. ²⁴
Developmental Screening	Screening recommended in infants and young children for developmental disorders to promote optimal development
Obesity	Screening, counseling, and program referrals for children age 6 and older to promote improvements in weight status
Skin cancer	Behavioral counseling to reduce sun exposure for persons ages 6 months to 24 years old at high risk
Tobacco use and cessation	Provide education or counseling to prevent the start of tobacco use amongst school-aged children and adolescents
Vision and Hearing	Screening recommended to detect amblyopia (lazy eye) or its risk factors ¹

Injury prevention:

For older children

- Children should use a booster seat in the car’s back seat until they are at least 8 years old or weigh at least 80 pounds.
- Older children should use car seat belts and sit in the back seat at all times.
- Teach your child traffic safety. Children under 9 years old need supervision when crossing streets.
- Make sure your child wears a helmet while rollerblading or riding a bike. Make sure your child uses protective equipment for rollerblading and skateboarding. This can include a helmet and wrist and knee pads.
- Warn your child about the risk of using alcohol and drugs. Many driving and sports-related injuries are caused by the use of alcohol and drugs.

For all ages

- Use smoke and carbon monoxide alarms/detectors in your home. Change the batteries every year. Check once a month to see that they work.
- If you have a gun in your home, make sure that the gun and ammunition are locked up separately and kept out of children’s reach.
- Never drive after drinking alcohol or after marijuana use.
- Use car seat belts at all times.
- Save the Poison Control Center number – (800) 222-1222 – to your phone. Post it to your landline if you have one. Also, add the number to your home “Important Information” list. The number is the same in every U.S. location. Do not try to treat poisoning until you have called the Poison Control Center.

For children ages 11 to 19

Topics you/your child may want to discuss with the doctor

Exercise

- Regular physical activity (at least 30 minutes per day starting at age 11) can reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes.

Nutrition

- Eat a healthy diet. Limit fat and calories. Eat fruits, vegetables, beans, and whole grains every day.
- Optimal calcium intake for adolescents and young adults is estimated to be 1,200 to 1,500 mg/day.

Sexual health

- Sexually transmitted infection (STI)/HIV prevention⁶: practice safer sex (use condoms) or abstinence.
- Avoid unintended pregnancy; use contraception.
- Prior to beginning PrEP, the following test are recommended: HIV testing, serologic testing for hepatitis viruses B and C, periodic serum creatinine testing, periodic pregnancy testing, periodic screening for sexually transmitted bacterial infections. Ongoing follow-up counseling and monitoring every 3 months is covered without cost-sharing.

Mental health and substance use disorders

- Use of alcohol, tobacco (cigarettes, vaping, or chewing), inhalants, and other drugs among adolescents is a major concern for parents. Let the doctor know if you have any concerns about your child.
- Mental health and substance use disorders are defined as those conditions listed in the most recent edition of the World Health Organization (WHO) International Classification of Diseases or in the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders.

Dental health

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

Other things to talk about

- It is a good idea to let your teenager have private time with the doctor. This will allow them to ask any questions they may not feel comfortable asking you.

Immunizations

COVID-19	Recommended for everyone ages 6 months and older ²⁹
Dengue	Three-dose series for children ages 9-16 living in dengue endemic areas and have laboratory confirmation of previous dengue infection ⁶
Flu, annual	Recommended ²
Hepatitis A	Two-dose series for people not previously vaccinated and risk factors are present
Hepatitis B	Two-dose series for people not previously vaccinated; for people with risk factors seeking protection ²⁹
HPV (human papillomavirus)	Two- or three-dose series depending on age at initial vaccination. Recommended for all adolescents 11-12 years and through 18 years of age.
IPV (inactivated poliovirus vaccine)	For people not previously vaccinated. Not recommended for people 18 years or older
Meningococcal	Routine vaccination two-dose series. First dose at ages 11-12, second dose at age 16.
MMR (measles, mumps, rubella)	Two-dose series for children under 12 previously unvaccinated
Pneumococcal (pneumonia)	For children with risk factors ⁶
Tdap booster (tetanus, diphtheria, pertussis)	For children ages 11-12 who have completed the recommended DTaP immunization series ¹⁷
Varicella (chicken pox)	Two-dose series for children previously unvaccinated

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed for people 12 years and older ⁷
Annual Exam	Includes height, weight, body mass index (BMI), blood pressure, age appropriate exam and history and coordination of preventive services.
Behavioral/Social/Emotional Screening	Family-centered assessment recommended. This may include assessments of health conditions related to things like where people live, work, and play.
Chlamydia and Gonorrhea	Screening for all sexually active women 24 years or younger and in women 25 years or older at increased risk for infection ¹¹
Contraception	FDA-approved contraceptive methods for females, education, and counseling ³²
Depression/Anxiety	Screening for all adolescents for major depressive disorder (MDD) and anxiety
Domestic violence and abuse	Screening for intimate partner violence (IPV) in women of reproductive age and provide or refer women to ongoing support services ³⁴
Drug misuse	Screening for unhealthy drug use for people 12 years and older ²⁵
Healthy diet and physical activity	Behavioral counseling interventions to promote a healthy diet and physical activity for individuals 18 years and older with risk of cardiovascular disease or a diagnosis of hypertension, dyslipidemia, metabolic syndrome, etc. ²⁷
Hepatitis C	Screening for HCV infection in persons at high risk of infection ³⁰
HIV	Screening for HIV infection for all adolescents and adults ages 15 to 65. Younger adolescents and older adults who are at increased risk of infection should also be screened. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition. ¹⁶
Hypertension	Screening for hypertension (high blood pressure) in adults 18 years and older with office blood pressure measurement (OBPM). Blood pressure monitoring outside the clinical setting is recommended to confirm diagnosis
Latent tuberculosis infection (LTBI)	Screening for people at increased risk of infection ³⁵
Obesity	Screening, counseling, and program referrals for children age 6 and older to promote improvements in weight status
Sexually transmitted infections	Behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs). ²⁶
Skin cancer	Behavioral counseling to reduce sun exposure for adolescents at high risk
Sudden Cardiac Arrest	Perform risk assessment as appropriate for individuals 11 to 21 years of age
Syphilis	Screening for people at increased risk for infection ¹²
Tobacco use and cessation	Education or counseling to prevent start of tobacco use among school-aged children and adolescents

Helping your preteen's and adolescent's social and emotional development

Parents need to offer open, positive communication while providing clear and fair rules and consistent guidance. Let your child find his or her own path while staying within the rules you have set.

- Be a good role model for handling disagreements. For example, talk calmly when disagreeing.
- Praise him or her for successfully avoiding a confrontation. For example, say, "I'm proud of you for staying calm."

- Supervise the websites and computer games that your child uses.
- Set limits on use of computers, smartphones, and TV after a set evening hour. This can help your child get regular sleep.
- Talk to your child about healthy relationships. Dating abuse does occur among preteens and teens.
- Be a role model for healthy eating and regular physical exercise.

For women ages 20 to 49

Topics you may want to discuss with your doctor

Exercise

- Regular physical activity (at least 30 minutes per day) can reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes.
- Over 40: Consult doctor before starting new vigorous physical activity.

Nutrition

- Know your body mass index (BMI), blood pressure, and cholesterol level. Modify your diet as needed.
- Eat a healthy diet. Limit fat and calories. Eat fruits, vegetables, beans, and whole grains every day.
- Optimal calcium intake for women between ages 25 and 50 is estimated to be 1,000 mg/day.
- Vitamin D is important for bone and muscle development, function, and preservation.

Sexual health

- Sexually transmitted infection (STI)/HIV prevention;¹⁶ practice safer sex (use condoms) or abstinence.
- Avoid unintended pregnancy; use contraception.
- Prior to beginning PrEP, the following tests are recommended: HIV testing, serologic testing for hepatitis viruses B and C, periodic serum creatinine testing, periodic pregnancy testing, periodic screening for sexually transmitted bacterial infections. Ongoing follow-up, counseling and monitoring every 3 months is covered without cost-sharing.

Mental health and substance use disorders

- Stop smoking. Limit alcohol. Avoid alcohol or drug use while driving.
- Mental health and substance use disorders are defined as those conditions listed in the most recent edition of the World Health Organization (WHO) International Classification of Diseases or in the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders.

Dental health

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

If you are pregnant, please refer to the "For pregnant women" page for pregnancy-related recommendations.

Immunizations

COVID-19	Recommended for everyone ages 6 months and older ²⁹
Flu, annual	Recommended ²
Hepatitis A	For people with risk factors; for people seeking protection ³
Hepatitis B	Recommended 2, 3, or 4 dose series depending on vaccine or condition for ages 19 to 59 ⁴
HPV (human papillomavirus)	Recommended for all adults through 26 years of age. 2 or 3-dose series depending on age at initial vaccination
Meningococcal	For people with risk factors present ⁸
MMR (measles, mumps, rubella)	Once, without proof of immunity or if no previous second dose ⁵
Pneumococcal (pneumonia)	For people with risk factors ⁷
Td booster (tetanus, diphtheria)	Recommended once every 10 years ¹⁵
Varicella (chicken pox)	Recommended for adults without evidence of immunity; 2-dose series 4-8 weeks apart ¹⁰

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed for people 12 years and older ⁷
Blood pressure, height, weight, BMI, vision, and hearing	At well visit, annually. This includes coordination of preventive services.
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, or peritoneal cancer are recommended to receive genetic counseling and/or genetic testing. ²⁰
Breast cancer	Biennial screening mammography recommended for women aged 40 years and older who are at increased risk for breast cancer and at low risk for adverse medication effects
Breast cancer medication use	Prescription or risk-reducing medications recommended to women age 35 and older who are at increased risk for breast cancer and at low risk for adverse medication effects
Cardiovascular disease	Statin use for primary prevention for adults aged 40 to 75 years who have one or more risk factors. ³⁵
Cervical cancer	Recommended screening every 3 years with cervical cytology by Pap tests for women 21 to 29 years of age. For women ages 30-65 years, recommended screening every 3 years with cervical cytology alone, every 5 years with high-risk HPV testing alone, or every 5 years with high risk HPV testing in combination with cytology
Chlamydia and Gonorrhea	Screening for all sexually active women 24 years or younger and in women 25 years or older at increased risk for infection ¹¹
Colorectal cancer	Screening for adults ages 45-75 ⁹
Contraception	FDA-approved female contraceptive methods, education, and counseling ³²
Depression/Anxiety	Screening for depression and anxiety in all adults
Diabetes/Prediabetes	Screening for prediabetes and type 2 diabetes in adults ages 35 to 70 years who are overweight or obese ²²
Domestic violence and abuse	Screening for intimate partner violence (IPV) in women of reproductive age and provide or refer women to ongoing support services ³⁴
Drug misuse	Screening for unhealthy drug use for people 12 years and older ²⁵
Healthy diet and physical activity	Behavioral counseling interventions to promote a healthy diet and physical activity for individuals 18 years and older with risk of cardiovascular disease or a diagnosis of hypertension, dyslipidemia, metabolic syndrome, etc. ²⁷
Hepatitis C	Screening for HCV infection in persons at high risk of infection ages 18 to 79 ³⁰
HIV	Screening for HIV infection for all adolescents and adults ages 15 to 65. Younger adolescents and older adults who are at increased risk of infection should also be screened. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition. ¹⁶
Hypertension	Screening for hypertension (high blood pressure) in adults 18 years and older with office blood pressure measurement (OBPM). Blood pressure monitoring outside the clinical setting is recommended to confirm diagnosis.
Latent tuberculosis infection (LTBI)	Screening for people at increased risk for infection ³³
Obesity	Screening, counseling, and program referrals to promote improvements in weight status
Osteoporosis	Screening for women at increased risk ¹³
Sexually transmitted infections	Behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs). ²⁶
Skin cancer	Behavioral counseling to reduce sun exposure for young adults to age 24 at high risk
Sudden Cardiac Arrest	Perform risk assessment as appropriate for individuals 11 to 21 years of age
Syphilis	Screening for pregnant women and people at increased risk for infection ¹²
Tobacco use and cessation	Screening all adults about tobacco use, advise them to stop using tobacco, provide behavioral interventions, FDA approved pharmacotherapy for cessation to nonpregnant adults who use tobacco
Urinary incontinence	Annual screening

For men ages 20 to 49

Topics you may want to discuss with your doctor

Exercise

- Regular physical activity (at least 30 minutes per day) can reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes.
- Men over 40: Consult doctor before starting new vigorous physical activity.

Nutrition

- Know your body mass index (BMI), blood pressure, and cholesterol level. Change your diet as needed.
- Vitamin D is important for bone and muscle development, function, and preservation.

Sexual health

- Sexually transmitted infection (STI)/ HIV prevention⁶: practice safer sex (use condoms) or abstinence.
- Avoid unintended pregnancy; use contraception.
- Prior to beginning PrEP, the following tests are recommended: HIV testing, serologic testing for hepatitis viruses B and C, periodic serum creatinine testing, periodic pregnancy testing, periodic screening for sexually transmitted bacterial infections. Ongoing follow-up, counseling and monitoring every 3 months is covered without cost-sharing.

Mental health and substance use disorders

- Stop smoking. Limit alcohol. Avoid alcohol or drug use while driving.
- Mental health and substance use disorders are defined as those conditions listed in the most recent edition of the World Health Organization (WHO) International Classification of Diseases or in the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders.

Dental health

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

“Know your numbers.” We encourage you to learn your “numbers” at your doctor visit and work toward the optimal goals. This can be done through exercise and a healthy diet.

Immunizations

COVID-19	Recommended for everyone ages 6 months and older ²⁹
Flu, annual	Recommended ²
Hepatitis A	For people with risk factors; for people seeking protection ⁵
Hepatitis B	Recommended 2, 3, or 4 dose series depending on vaccine or condition for ages 19 to 59 ⁴
HPV (human papillomavirus)	Recommended for all adults through 26 years of age. 2 or 3-dose series depending on age of initial vaccination
Meningococcal	For people with risk factors present ⁸
MMR (measles, mumps, rubella)	Once, without proof of immunity or if no previous second dose ⁵
Pneumococcal (pneumonia)	For people with risk factors ⁷
Td booster (tetanus, diphtheria)	Recommended once every 10 years ¹⁵
Varicella (chicken pox)	Recommended for adults without evidence of immunity; 2-dose series 4-8 weeks apart ¹⁰

Screenings/counseling/services

Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed for people 12 years and older ⁷
Blood pressure, height, weight, BMI, vision, and hearing	At annual exam. This includes coordination of preventive services.
Cardiovascular disease	Statin use for primary prevention for adults aged 40 to 75 years who have one or more risk factors. ³⁵
Colorectal cancer	Screening for adults ages 45-75 ⁹
Depression/Anxiety	Screening for depression and anxiety in all adults
Diabetes/Prediabetes	Screening for prediabetes and type 2 diabetes in adults ages 35 to 70 years who are overweight or obese ²²
Drug misuse	Screening for unhealthy drug use for people 12 years and older ²⁵
Healthy diet and physical activity	Behavioral counseling interventions to promote a healthy diet and physical activity for individuals 18 years and older with risk of cardiovascular disease or a diagnosis of hypertension, dyslipidemia, metabolic syndrome, etc. ²⁷
Hepatitis C	Screening for HCV infection in people at high risk of infection ³⁰
HIV	Screening for HIV infection for all adolescents and adults ages 15 to 65. Younger adolescents and older adults who are at increased risk of infection should also be screened. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition. ¹⁶
Hypertension	Screening for hypertension (high blood pressure) in adults 18 years and older with office blood pressure measurement (OBPM). Blood pressure monitoring outside the clinical setting is recommended to confirm diagnosis.
Latent tuberculosis infection (LTBI)	Screening for people at increased risk for infection ³³
Obesity	Screening, counseling, and program referrals to promote improvements in weight status
Sexually transmitted infections	Behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs). ²⁶
Skin cancer	Behavioral counseling to reduce sun exposure for young adults to age 24 at high risk
Sudden Cardiac Arrest	Perform risk assessment as appropriate for individuals 11 to 21 years of age
Syphilis	Routine screening for people at increased risk for infection ¹²
Tobacco use and cessation	Screening all adults about tobacco use, advise them to stop using tobacco, provide behavioral interventions, FDA approved pharmacotherapy for cessation to nonpregnant adults who use tobacco

Heart health factors

Optimal goals

Total cholesterol	Less than 200 mg/dL
LDL “bad” cholesterol	Less than 100 mg/dL
HDL “good” cholesterol	60 mg/dL or higher
Triglycerides	Less than 150 mg/dL
Blood pressure	Less than 120/80 mmHg
Fasting glucose	Less than 100 mg/dL
Body mass index (BMI)	Less than 25 kg/m ²
Exercise	Minimum of 30 minutes most days of the week

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,¹⁸ practice safer sex (use condoms) or abstinence.
- Avoid unintended pregnancy; use contraception.
- Prior to beginning PrEP, the following tests are recommended: HIV testing, serologic testing for hepatitis viruses B and C, periodic serum creatinine testing, periodic pregnancy testing, periodic screening for sexually transmitted bacterial infections. Ongoing follow-up, counseling and monitoring every 3 months is covered without cost-sharing.

Mental health and substance use disorders

- Stop smoking. Limit alcohol consumption. Avoid alcohol or drug use while driving.
- Mental health and substance use disorders are defined as those conditions listed in the most recent edition of the World Health Organization (WHO) International Classification of Diseases or in the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders.

Dental health

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

Other things to talk about

- Fall prevention.
- Possible risks and benefits of hormone replacement therapy (HRT) for post-menopausal women.
- 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. This means at least 30 minutes a day on most days. This can help reduce the risks of coronary heart disease, osteoporosis, obesity, and diabetes. Consult your doctor before starting a new vigorous physical activity.

Immunizations

COVID-19	Recommended for everyone ages 6 months and older ²⁹
Flu, annual	Recommended ²
Hepatitis A	For people with risk factors; for people seeking protection ³
Hepatitis B	Recommended 2, 3, or 4 dose series depending on vaccine or condition for ages 19 to 59 ⁴
Meningococcal	For people with risk factors present ⁸
MMR (measles, mumps, rubella)	Once, without proof of immunity or if no previous second dose ⁵
Pneumococcal (pneumonia)	Recommended for people age 65 and older; and people 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-dose series of RZV 2-6 months apart

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 for people 12 years and older ⁷
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, or peritoneal cancer are recommended to receive genetic counseling and/or genetic testing. ²⁰
Breast cancer	Biennial screening mammography recommended for women aged 40 years and older
Breast cancer medication use	Prescription or risk-reducing medications recommended to women age 35 and older who are at increased risk for breast cancer and at low risk for adverse medication effects
Cardiovascular disease	Statin use for primary prevention for adults aged 40 to 75 years who have one or more risk factors. ³⁵
Cervical cancer	Recommended screening every 3 years with cervical cytology alone, every 5 years with high risk HPV testing alone, or every 5 years with high risk HPV testing in combination with cytology
Chlamydia and Gonorrhea	Screening for all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection ¹¹
Colorectal cancer	Screening for adults ages 45-75 ^{9,21}
Depression/Anxiety	Screening for depression and anxiety in all adults
Diabetes/Prediabetes	Screening for prediabetes and type 2 diabetes in adults ages 35 to 70 years who are overweight or obese ²²
Domestic violence and abuse	Screening for intimate partner violence (IPV) in women of reproductive age and provide or refer women to ongoing support services ³⁴
Drug misuse	Screening for unhealthy drug use for people 12 years and older ²⁵
Fall prevention	Exercise interventions (support to reduce risks) recommended for adults ages 65 or older at increased risk ²⁸
Healthy diet and physical activity	Behavioral counseling interventions to promote a healthy diet and physical activity for individuals 18 years and older with risk of cardiovascular disease or a diagnosis of hypertension, dyslipidemia, metabolic syndrome, etc. ²⁷
Hepatitis C	Screening for HCV infection in persons at high risk of infection ³⁰
HIV	Screening for HIV infection for all adolescents and adults ages 15 to 65. Younger adolescents and older adults who are at increased risk of infection should also be screened. Recommend preexposure prophylaxis (PrEP) to persons at high risk of HIV acquisition. ¹⁶
Hypertension	Screening for hypertension (high blood pressure) in adults 18 years and older with office blood pressure measurement (OBPM). Blood pressure monitoring outside the clinical setting is recommended to confirm diagnosis
Latent tuberculosis infection (LTBI)	Screening for people at increased risk for infection ³⁵
Lung cancer	Screening for lung cancer annually for individuals ages 50 to 80 years of age with a smoking history of 20 years or more or who have quit within 15 year using low-dose computed tomography ³¹
Obesity	Screening, counseling, and program referrals to promote improvements in weight status
Osteoporosis	Routine screening recommended for osteoporosis with bone measurement testing for women 65 years and older and women younger than 65 who are at increased risk ¹⁵
Sexually transmitted infections	Behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs). ²⁶
Syphilis	Screening for people at increased risk for infection ¹²
Tobacco use and cessation	Screening all adults about tobacco use, advise them to stop using tobacco, provide behavioral interventions, FDA approved pharmacotherapy for cessation to nonpregnant adults who use tobacco
Urinary incontinence	Annual screening for women

For pregnant women

Screenings/counseling/services	
Alcohol misuse	Screening for unhealthy alcohol use and behavioral counseling as needed
Anxiety	Screening during pregnancy or postpartum
Aspirin	Low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in persons who are at high risk for preeclampsia ¹⁴
Asymptomatic bacteriuria	Screening recommended using urine culture in pregnant women
Breast-feeding primary care interventions	Counseling, education, and breastfeeding equipment and supplies to ensure the successful initiation and maintenance of breastfeeding
Chlamydia and Gonorrhea	Screening for all sexually active women 24 years or younger and in women 25 years or older who are at increased risk for infection ¹¹
Depression	Referrals to counseling interventions (support to reduce risks) for pregnant and postpartum people who are at increased risk of depression
Drug misuse	Screening for unhealthy drug use for people 12 years and older ²⁵
Flu, Annual	Recommended ²
Folic acid	Discuss use of 0.4 to 0.8 mg daily
Gestational diabetes	Screening recommended for gestational diabetes mellitus (GDM) in asymptomatic pregnant women after 24 weeks of gestation
Healthy weight gain	Behavioral counseling and interventions (support to reduce risks) recommended to promote healthy weight gain and prevent excess gestational weight gain
Hepatitis A	For individuals with risk factors; for individuals seeking protection ⁵
Hepatitis B	First prenatal visit
HIV	Screening for HIV infection in all pregnant women. This includes those who are present in labor or at delivery whose HIV status is unknown
Maternal mental health	Covered services for those who present written documentation of being diagnosed with a maternal mental health condition. Completion of covered services may extend up to 12 months from date of diagnosis or from the end of the pregnancy, whichever occurs later.
Preeclampsia	Screening with blood pressure measurements
Rh (D) incompatibility	Recommends Rh(D) blood typing and antibody testing for all pregnant women during their first visit for pregnancy related care and 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	Early screening recommended for infection in all pregnant women ¹²
Tdap	One dose of Tdap recommended during each pregnancy. This is preferably in the early part of the gestational weeks 27–36
Tobacco use and cessation	Screening all adults about tobacco use, advise them to stop using tobacco, provide behavioral interventions, FDA approved pharmacotherapy for cessation to nonpregnant adults who use tobacco
Urinary incontinence	Annual screening for women

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. This can 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
- Preterm labor risk
- Domestic abuse
- Mental health as an initial intervention (support) service (after screening for interpersonal and domestic violence)
- Other medication and drug use

Postpartum care

Within three to seven weeks following delivery. Postpartum exam to include weight, blood pressure, breast and abdomen exam, or pelvic exam.

Endnotes

1. All children 3 to 5 years are at risk of vision abnormalities and should be screened; specific risk factors include strabismus, refractive errors, and media opacity.
2. Annual vaccination against influenza is recommended for all persons age 6 months and older, including all adults.
3. Risk factors for hepatitis A should be discussed with your provider.
4. Risk factors for hepatitis B should be discussed with your provider.
5. For individuals born before 1957 with no evidence of immunity to measles, mumps, or rubella, consider 2-dose series at least 4 weeks apart for measles and mumps or at least 1 dose for rubella. Check with your doctor for details regarding pregnancy.
6. Routine vaccination for individuals ages 9-16 years living in dengue endemic areas and have laboratory confirmation of previous dengue infection. Endemic areas include Puerto Rico, American Samoa, US Virgin Islands, Federated States of Micronesia, Republic of Marshall Islands, and the Republic of Palau.
7. Brief behavioral counseling interventions were found to reduce unhealthy alcohol use in adults 18 years or older, including pregnant women. Effective behavioral counseling interventions vary in their specific components, administration, length, and number of interventions.
8. Individuals at risk for meningococcal disease include international travelers, college-bound students. These individuals should discuss the risks and benefits of vaccination with their doctor.
9. Colorectal cancer is the third leading cause of cancer death for both men and women. It is the most frequently diagnosed among persons aged 65 to 74 years. It is estimated that 10.5% of new colorectal cancer cases occur in persons younger than 50 years.
10. Individuals at risk for varicella infection include those who have close contact with persons at high risk for severe disease (healthcare workers and family contacts of immunocompromised persons) or are at high risk for exposure or transmission (e.g., teachers of young children; childcare employees; residents and staff members of institutional settings, including correctional institutions; college students; military personnel; adolescents and adults living in households with children; nonpregnant women of childbearing age; and international travelers).
11. Risk factors for chlamydia and gonorrhea infection include history of chlamydial or other sexually transmitted infections, new or multiple sexual partners, inconsistent condom use, commercial sex work, and drug use.
12. Risk factors for syphilis infection include all adolescents and adults who receive health care in a high-prevalence or high-risk clinical setting, men who have had sex with men, commercial sex workers, and those in adult correctional facilities. Individuals being treated for sexually transmitted diseases may be more likely than others to engage in high-risk behavior.
13. Osteoporotic fractures, particularly hip fractures, are associated with limitation of ambulation, chronic pain and disability, loss of independence and quality of life. Women have higher rates of osteoporosis than men at any given age.
14. Pregnant women who are at high risk for preeclampsia should use low-dose aspirin (81 mg/d) as preventive medication after 12 weeks of gestation.
15. People in contact with infants under 12 months of age and healthcare personnel can be given the Td vaccine as soon as feasible. It is recommended that Tdap should replace a single dose of Td for adults under age 65 if they have not previously received a dose of Tdap.
16. Sexually transmitted infections, also known as sexually transmitted diseases, include chlamydia, gonorrhea, herpes, HIV, HPV, syphilis, and others.
17. The Tdap (tetanus, diphtheria, acellular pertussis) booster is recommended in children ages 11 to 12 who have completed the childhood DTaP immunization series and have not yet received a tetanus and diphtheria (Td) booster dose.
18. Children through age 9 getting flu vaccine for the first time – or who received flu vaccine – should get two doses, at least four weeks apart.
19. Perform screening of abdominal aortic aneurysm (AAA) with ultrasonography in men who have a history of smoking.
20. Your doctor will assess your personal or family history of breast, ovarian, tubal, or peritoneal cancer or family history of breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations. Women with a positive result on the risk assessment tool are recommended to receive genetic counseling and, if indicated after counseling, genetic testing.
21. There are several recommended screening tests for colorectal cancer. Your physician will consider a variety of factors to decide which test is best. Screenings include:
 - High sensitivity guaiac fecal occult blood test (HsGFOBT) or fecal immunochemical test (FIT) every year;
 - Stool DNA-FIT every 1 to 3 years;
 - Computed tomography colonography every 5 years;
 - Flexible sigmoidoscopy every 5 years;
 - Flexible sigmoidoscopy every 10 years with annual FIT; and
 - Colonoscopy screening every 10 years
22. Diabetes/Prediabetes screening should be performed for adults ages 35 to 70 who are overweight and obese. Intensive behavioral counseling interventions to promote a healthful diet and physical activity for patients with abnormal blood glucose. Individuals with prediabetes may be referred for preventive interventions.
23. Selection of conditions based on "Newborn Screening: Toward a Uniform Screening Panel and System" as authored by the American College of Medical Genetics (ACMG) and commissioned by the Health Resources and Service Administration (HRSA).
24. Fluoride oral supplement should be discussed at preventive care visit if primary water source is deficient in fluoride.
25. Unhealthy drug use screening should be implemented when services for accurate diagnosis, effective treatment, and appropriate care can be offered or referred.
26. Behavioral counseling to prevent sexually transmitted infections is for sexually active adolescents and adults at increased risk for sexually transmitted infections.
27. Intensive behavioral counseling to promote healthy diet and physical activity is recommended for all adults who have hyperlipidemia or have any known risk factors for cardiovascular and diet-related chronic disease. Diabetes Prevention Program – part of Wellvolution - is Blue Shield's lifestyle medicine program focused on diabetes prevention.
28. Falls prevention counseling for older adults to exercise or physical therapy to prevent falls in community-dwelling adults 65 and older who are at increased risk for falls.
29. The Advisory Committee on Immunization Practices (ACIP) recommends use of COVID-19 vaccines for everyone ages 6 months and older. COVID-19 vaccine and other vaccines may be administered on the same day.
30. Hepatitis C screening for adults 18 to 79.
31. Lung cancer screening for adults ages 50 to 80 who have a 20 pack per year smoking history and currently smoke or quit within the last 15 years.
32. Coverage includes:
 - prescribed FDA-approved female contraceptive drugs, devices, and products;
 - device insertion and removal;
 - sterilization procedures;
 - contraceptive education and counseling including for continued adherence;
 - related follow-up services; and management of side effects. For self-administered hormonal contraceptives, you may receive up to a 12-month supply.
33. Tuberculosis and latent tuberculosis infection (LTBI) for asymptomatic adults at increased risk for infection.
34. All women of reproductive age are at potential risk for IPV and should be screened. There are a variety of factors that increase risk of IPV, such as exposure to violence as a child, young age, unemployment, substance abuse, marital difficulties, and economic hardships.
35. Statin use for the primary prevention of cardiovascular disease in adults – The USPSTF recommends that adults without a history of cardiovascular disease (CVD) (i.e., symptomatic coronary artery disease or ischemic stroke) use a low- to moderate-dose statin for the prevention of CVD events and mortality when all of the following criteria are met: 1) they are ages 40 to 75; 2) they have one or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking); and 3) they have a calculated 10-year risk of a cardiovascular event of 10% or greater. Identification of dyslipidemia and calculation of 10-year CVD event risk requires universal lipids screening in adults ages 40 to 75. Statin medications are a pharmacy benefit.

These are Blue Shield of California Promise Health Plan's Preventive Health Guidelines, which are based on nationally recognized guidelines. Members must refer to their *Evidence of Coverage* or *Medi-Cal Handbook* or *Policy* for plan/policy coverage of preventive health benefits. Preventive services for members under 21 years of age are recommended by the most recent American Academy of Pediatrics (AAP) Bright Futures periodicity schedule.

Additional Resources:

<https://files.medi-cal.ca.gov/pubdoco/publications/masters-mtp/part2/prev.pdf>

<https://www.lacare.org/providers/provider-resources/tools-toolkits/clinical-practice-guidelines>

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