



PREVENTIVE HEALTH GUIDELINES

As of May 2016

What is your plan for better health?

Make this year your best year for wellness. Your health plan may help pay for tests to find disease early and routine wellness exams to help you and your family stay well. Talk with your doctor (health care provider) about the care that is right for you.

Your plan may not pay for all services and treatments in this guide. To learn more about what your plan pays for, see your certificate of coverage or call the customer care number on your ID card. You also can check unicare.com/medicaid to learn about health topics from child care to zinc.

The content in this guide is based in part on suggestions from these independent groups and based on state-specific requirements:

- **AAFP** — American Academy of Family Physicians
- **AAP** — American Academy of Pediatrics
- **ACIP** — Advisory Committee on Immunization Practices
- **ACOG** — American College of Obstetrics and Gynecology
- **ACS** — American Cancer Society
- **CDC** — Centers for Disease Control and Prevention
- **USPSTF** — U.S. Preventive Services Task Force

This guide is just a learning tool for you. It is not meant to take the place of medical care or advice.

Use this guide to know when to set up visits with your doctor for you and your children. Ask your doctor which exams, tests and vaccines are right for you, when you should get them and how often. How you get certain diseases is not talked about in this guide.

Please see your UniCare Health Plan of West Virginia, Inc. member handbook to check on your plan benefits.

WELL-BABY AND CHILD SCREENINGS

Well-baby exam — birth to 2 years*

Infants who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within two to four days after being born. You might talk to the doctor if you are a first-time parent, are having a high-risk pregnancy, or want to learn about feeding, circumcision or well-baby care. At the well-baby exam, you may get advice on your child's safety, dental exams and care starting at age 1 year if needed, healthy eating and development. At these exams, your baby may get vaccines and these screenings or added screenings, such as tuberculin, urine testing and/or sickle cell anemia testing, if needed.

Screenings	Age (in months)										
	Birth	1	2	4	6	9	12	15	18	24	
Weight, length and head circumference (the length around the head)	At each visit										
Newborn metabolic, sickle cell and thyroid screening	Birth to 2 months (ideally at 3-5 days)										
Development and behavior	At each visit										
Hearing	As a newborn and when your doctor suggests										
Oral/dental health											Dental exams at each visit starting at age 1 if needed
					Fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water						
Hemoglobin or hematocrit (blood count)							At 12				
Lead testing (unless you are sure the child has not been around lead)					At 6		At 12				At 24
Autism									At 18	At 24	

Well-child exam — ages 2½ to 10 years*

You may get advice about how to keep your child safe, how to prevent injuries, counseling to reduce the risks of getting skin cancer, good health, diet and physical activity, and development, as well as annual dental referrals starting at age 3 or earlier if needed. At these well-child exams, your child may get vaccines and these screenings or added screenings such as tuberculin and urine testing, if needed.

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**Height and weight is used to find BMI. BMI is used to see if a person has the right weight for height or is under or over weight for height.

Age (in years)

Screenings	2½	3	4	5	6	7	8	9	10
Height, weight, body mass index (BMI)**	Each year								
Development and behavior	At each visit								
Vision	Each year								
Hearing	Each year								
Oral/dental health	Dental exams each year								
	Fluoride varnish on the teeth when your doctor suggests; fluoride prescription based on your drinking water								
Hemoglobin or hematocrit (blood count)	As your doctor suggests								
Blood pressure		Each year starting at 3 years							

Well-child exam — ages 11 to 18 years*

The doctor may talk to you about health and wellness issues. These include:

- Diet and physical activity
- Healthy weight
- Dental health
- Dentist referral each year
- Mental health
- Sexual behavior and screening for sexually transmitted infections
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Secondhand smoke
- Avoiding tobacco, alcohol and drugs

At these exams, your child may get vaccines and these screenings or added screenings such as tuberculin and urine testing, if needed.

Age (in years)

Screenings	11	12	13	14	15	16	17	18
Height, weight, body mass index (BMI)**	Each year							
Development and behavior	Each year							
Blood pressure	Each year							
Vision	Each year							
Hearing	Each year							
Oral/dental health	Each year							
Hemoglobin or hematocrit (blood count)	As your doctor suggests							
Chlamydia	For sexually active women age 24 and younger							

ADULT SCREENINGS – WOMEN*

Well-person exam

The doctor may talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning
- Folic acid for women who are of the age to get pregnant
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Intimate partner violence
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Misuse of drugs and alcohol
- Secondhand smoke
- How to stop using tobacco
- Dental health
- Mental health, including screening for depression

At this visit, you may get vaccines and these screenings:

Screenings	Age (in years)									
	19-21	21-29	30	35	40	45	50	55	60	65 and older
Height, weight	Each year or as your doctor suggests									
Body mass index (BMI)	Each year or as your doctor suggests									
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.									
Breast cancer: doctor exam	Every 1 to 3 years									
Breast cancer: mammogram	Each year from age 40 to 65+**									
Cervical cancer: ages 21-29		Every 3 years								
Cervical cancer: ages 30-65	Should have a Pap test plus an HPV test (called cotesting) every 5 years. This is the preferred approach, but it is alright to have a Pap test alone every 3 years.									
Cervical cancer: ages 65+	Stop screening at age 65 if last three Pap tests or last two cotests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor.									
Colorectal cancer	At age 50, your doctor may suggest one of these test options: <ol style="list-style-type: none"> 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every 5 years 3. Both #1 and #2 4. Double-contrast barium enema every 5 years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases 									
Chlamydia	Sexually active women ages 24 and younger									
Cholesterol	Every 5 years starting at age 45 with more screenings as your doctor suggests or for women ages 20-45 if at increased risk for coronary heart disease									
Contraceptive methods and counseling	For sexually active females									
Glucose screening for Type 2 diabetes	As your doctor suggests from age 40 to 70 if you are overweight or obese. People with high glucose should talk to their health care provider about intensive counseling to promote a healthy diet and physical activity.									
Osteoporosis	The test to check how dense your bones are should start no later than age 65. Women at menopause should talk to their doctor about osteoporosis and have the test when at risk.									
Hepatitis C	Screen once if born 1945-1965									

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** Women should talk to their health care provider and choose the best age to begin screening and the potential to screen every 2 years at an older age.

PREGNANT WOMEN*

Pregnant women should see their doctor or OB/GYN in their first three months of pregnancy for a first visit and to set up a prenatal care plan. At this visit, your doctor will check your health and the health of your baby.

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

- **Depression** — screening during or after pregnancy
- **Diabetes** — during pregnancy
- **Hematocrit/hemoglobin (blood count)**
- **Hepatitis B**
- **HIV**
- **Rh(D) blood type and antibody testing** — if Rh(D) negative, repeat test at 26 to 28 weeks
- **Rubella immunity** — to find out which women need the rubella vaccine after giving birth
- **Syphilis**
- **Urinalysis** — when your doctor wants it

The doctor may talk to you about what to eat and how to be active when pregnant, as well as staying away from tobacco, drugs, alcohol and other substances. You also may discuss breastfeeding support, supplies and counseling.

Other tests and screenings:

Some tests given alone or with other tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your doctor about what these tests can tell you about your baby, the risks of the tests and which tests may be best for you.

- **Amniocentesis**
- **Chorionic villus sampling**
- **Special blood tests**
- **Ultrasound tests** including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two-dimensional tests to check on the baby

Medications:

If you are high risk for a condition called preeclampsia, your doctor may recommend the use of low-dose aspirin as preventive medication.

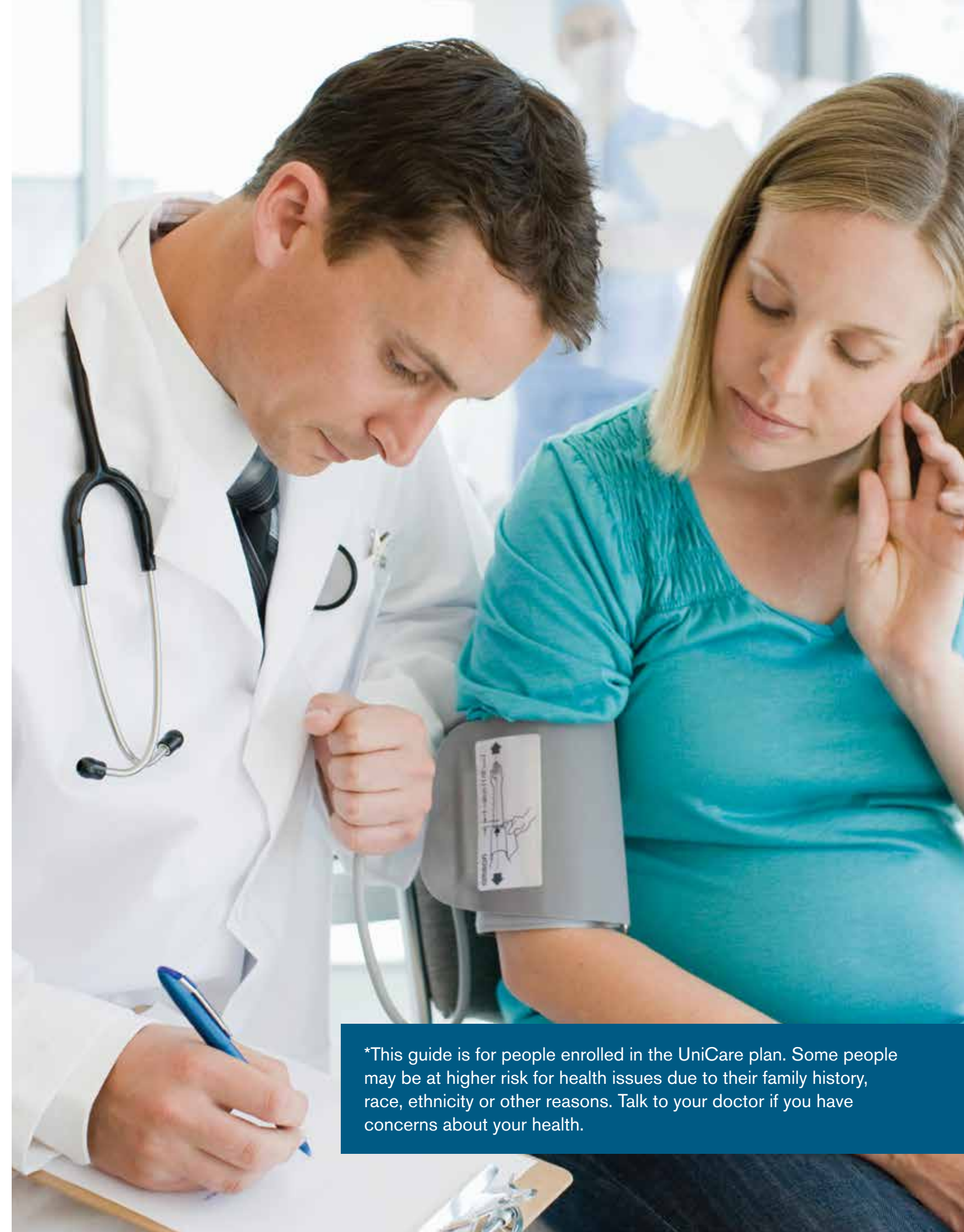
Vaccines:

If you are pregnant in flu season (October to March), your doctor may want you to have the inactivated flu vaccine. Pregnant adolescents and adults should be vaccinated with the Tdap vaccine with each pregnancy.

While other vaccines may be given in special cases, it is best to get the vaccines you need before you get pregnant. Women should always check with their doctor about their own needs.

You should NOT get these vaccines while you are pregnant:

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



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ADULT SCREENINGS – MEN*

Well-person exam

The doctor may talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning
- How to prevent injuries
- Misuse of drugs and alcohol
- How to stop using tobacco
- Secondhand smoke
- Sexual behavior and screening for sexually transmitted infections
- Screening for HIV
- Screening for Hepatitis B (HBV) if high risk
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Dental health
- Mental health, including screening for depression

At this visit, you may get vaccines and these screenings:

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Screenings	Age (in years)										
	19	20	25	30	35	40	45	50	55	60	65 and older
Height, weight	Each year or as your doctor suggests										
Body mass index (BMI)	Each year or as your doctor suggests										
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.										
Cholesterol	Every 5 years starting at age 35 with more screenings as your doctor suggests or for men ages 20-35 if at increased risk for coronary heart disease										
Colorectal cancer	At age 50, your doctor may suggest one of these test options: 1. Fecal occult blood test (FOBT) each year 2. Flexible sigmoidoscopy every 5 years 3. Both #1 and #2 4. Double-contrast barium enema every 5 years 5. Colonoscopy every 10 years 6. CT colonography may take the place of a colonoscopy in some cases										
Glucose screening for Type 2 diabetes	As your doctor suggests from 40 to 70 if you are overweight or obese. People with high glucose should talk to their health care provider about intensive counseling to promote a healthy diet and physical activity.										
Prostate cancer	If you are 50 or older, discuss with your doctor the risks and benefits of the prostate cancer tests										
Abdominal aortic aneurysm	One time for ages 65-75 for those who have ever smoked										
Hepatitis C	Screen once if born 1945-1965										

SUGGESTED VACCINE SCHEDULE*

For more information about vaccinations, visit www.cdc.gov/vaccines.

Vaccine	Age													
	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			✓ Td booster every ten years	
Haemophilus influenza type b (Hib)			✓ 3-4 doses between 2 months to 15 months with 1st dose at 2 months, last dose at 12-15 months											
Pneumococcal conjugate (PCV)			✓	✓	✓		✓							
Inactivated polio virus (IPV)				✓		✓				✓				
Influenza (flu)			✓ Suggested each year from 6 months to 65+ years of age											
Measles, mumps, rubella (MMR)							✓			✓				
Varicella (chicken pox)							✓			✓				
Hepatitis A							✓ 2-dose series							
Human papillomavirus (HPV)										✓ 3-dose series				
Meningococcal										✓		✓ At age 16		
Pneumococcal 13-valent conjugate (PCV13)													✓ Suggested for certain individuals at risk	
Pneumococcal polysaccharide (PPSV23)													✓ Suggested for certain individuals at risk	
Zoster														✓ 1 single dose for ages 60+

Hepatitis B – You may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose.

Rotavirus (RV) – Get two-dose or three-dose series. (Depends on brand of vaccine used.)

Tdap (teens) – If you are 13 to 18 years of age and have not had this vaccine before, talk to your doctor about a catch-up vaccine.

Tdap (adults) – If you are 19 years of age or older and have not gotten a dose of Tdap before, you should get a single dose.

Haemophilus influenza type b (Hib) – Get three-dose or four-dose series. (Depends on brand of vaccine used.)

Pneumococcal conjugate (PCV) – Children age 14 months through 59 months who have received an age-appropriate series of 7-valent PCV (PCV7) get a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu) – Refer to www.flu.gov or www.cdc.gov to learn more about this vaccine. (Note: Children 6 months to 8 years of age having the vaccine for the first time should have two doses separated by four weeks.)

Measles, mumps, rubella (MMR) and varicella (chicken pox) – If you were born after 1957, you should have records of one or more doses of MMR vaccine unless you have a medical reason not to have the vaccine or laboratory records of immunity to these three diseases.

Human papillomavirus (HPV) – This vaccine is for girls (2vHPV, 4vHPV or 9vHPV) and boys (4HPV or 9vHPV) 11 to 12 years of age, but it may be given as early as 9 years of age. This vaccine can be given up to age 26. Administer second dose one to two months after first dose; administer third dose 24 weeks after the first dose and 16 weeks after the second dose.

Meningococcal – Two doses of this vaccine are given. The first dose at 11 or 12 years of age and the next dose at 16. Teens and young adults (16 through 23 year olds) may also be vaccinated with a serogroup B meningococcal vaccine (2 or 3 doses depending on brand), preferably at 16 through 18 years of age.

Pneumococcal 13-valent conjugate (PCV13)/ pneumococcal polysaccharide (PPSV23) – It's recommended that adults age 65 years and older and certain adults younger than 65 who are considered at risk receive both a PCV13 and PPSV23. Ask your doctor about the dosing recommendation that is right for you.

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TO LEARN MORE ABOUT YOUR PLAN, PLEASE SEE [UNICARE.COM/MEDICAID](https://unicare.com/medicaid)

To learn more about vaccines, please see the Centers for Disease Control and Prevention (CDC) website: www.cdc.gov.

