

2008 Preventive Benefits Schedule



Save this 2008 Preventive Schedule And save your Health!

This schedule, based on recommendations from the U.S. Preventive Services Task Force, the Centers for Disease Control and Prevention and the American College of Obstetricians and Gynecologists, is a reference tool for planning your family's preventive care with your doctor. Your specific needs may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at an increased risk for a condition. If you have questions about your coverage, please call the toll-free Member Service number on your identification card.

Adult (Ages 19+) Preventive Schedule

General Health Care	
Physical Exam/Health Guidance	Every 1-2 years for adults 19-49 years of age. Every year for adults 50 years of age and older.
Blood Pressure Screening	At each physician visit. Minimum of once every two years. Annually if diastolic > 85 mmHg or systolic 130 mmHg
Pelvic Exam/Breast Exam by Practitioner	Annually
Screenings/Procedures	
Lipid Panel Screening	Routine screening every 5 years beginning at age 20. More frequent testing of those at risk for cardiovascular disease.
Fasting Glucose Screening	For high risk individuals, screenings should start at age 45 at three years intervals. Earlier screening may be indicated based on individual risk factors.
Mammogram	Every 1 to 2 years starting at age 40 or as recommended by doctor.*
Pap Test	Test every 1-3 years based on history.*
Chlamydia Screening	Annually for all sexually active non-pregnant women 24 years and younger, and for older non-pregnant who are at increased high-risk..
Other Sexually Transmitted Disease (STD) Screenings	All sexually active males and females, as recommended by your doctor.
Bone Mineral Density Screening	Once every two years: All women 65 years and older. Or, younger post-menopausal women who have had a fracture or have one or more risk factors for osteoporosis.
Prostate Cancer Screening	Discussion risks/benefits of prostate cancer screening. Testing may include annual Prostate Specific Antigen (PSA) and/or digital rectal exam.
Colorectal Cancer Screening	All: beginning at age 50 annual screening with fecal occult blood test (FOBT), or screening with flexible sigmoidoscopy ** every 5 years with or without annual FOBT, or double contrast barium enema every 5 years or colonoscopy every 10 years: High-risk: Earlier or more frequently as recommended by your doctor.
Abdominal Aortic Aneurysm Screening	One-time screening by ultrasonography for men between age 65 and 75 who have ever smoked.
BRCA Mutation Testing	One-time genetic assessment for breast and ovarian cancer susceptibility as recommended by your doctor.
Immunizations	
Diphtheria, Tetanus (Td)	Booster every 10 years for all adults.
Measles, Mumps and Rubella (MMR)	As recommended by your physician. High risk: 2 doses
Pneumococcal	High risk or at age 65: one dose per lifetime with an additional one-time revaccination as recommended by doctor.
Influenza	Annually beginning at age 50 High-risk: Annually between ages 19-49.
Chicken Pox Vaccine	One series of two doses at least one month apart for adults with no history of chicken pox.
Hepatitis A Series	Based on individual risk or physician recommendation: one two-dose series.
Hepatitis B Series	Based on individual risk or physician recommendation: one three-dose series.
Meningococcal	Based on individual risk or physician recommendation: one dose per lifetime.
Human Papillomavirus (HPV)	For females age 19-26 who have not been vaccinated previously, one three dose series. Dose 2 at 2 months from Dose 1. Dose 3 at 6 months from Dose 1.
Zoster	One dose age 60 years of age and older.

*Complies with PA state mandated benefits.

**Medicare covers one sigmoidoscopy every four years

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Schedule for Children

As a parent you want to keep your child healthy and happy. We have the same goals. That's why we put together this preventive health schedule for children.

This schedule was developed based on recommendations from the U.S. Preventive Services Task Force, the American Academy of Pediatrics, the

American Academy of Family Physicians and the Centers for Disease Control and Prevention, are designed to help you and your child's doctor develop a plan for preventive health care for your child. If you have questions, talk to your child's doctor. For questions regarding benefits, contact Member Service.

PEDIATRIC CARE (Birth through age 18)	
Wellness exam ¹	Birth – 12 months monthly, 15 months-18 months, 2 to 18 years (annually)
Blood Pressure Screening	3 to 18 years (annually)
Vision Screening ^{2,3}	3 to 6 years (annually) 8 years 12 years 10 years 15 years 18 years
Hearing Screening ²	Birth 10 years 4 to 6 years (annually) 12 years 8 years 15 years
SCREENINGS	
Hereditary Metabolic Screening	Birth to 1 month
Lead Screening	9 months Or, when indicated (please also refer to your state specific recommendations.)
Hemoglobin or Hematocrit	9 months – 12 months one visit Annually for females during adolescence and when indicated.
Urinalysis	5 years
IMMUNIZATIONS ⁴ (includes PA State Mandated Benefits)	
Hepatitis A ⁵	Dose 1 twelve months, dose 2 eighteen months
Hepatitis B ⁵	Dose 1 birth to one month, dose 2 two months, dose three (6-18 months)
Diphtheria/ Tetanus/ Pertussis (DTaP) ⁶	Dose 1 two months, dose 2 four months, dose 3 six months, dose 4 (15 to 18 months) Recommended Tdap at 11-18 yrs. old if five or more years have passed since the child's last dose of DTP, DTaP or Td
H Influenza Type B (Hib) ⁶	Dose 1 two months, dose 2 four months, dose 3 ⁶ six months, dose 4 (12 to 15 months)
Polio (IPV) ⁶	Dose 1 two months, dose 2 four months, dose 3 (6 to 18 months), dose 4 (4 to 6 years)
Pneumococcal, Conjuate (PVC) ^{6,7}	Dose 1 two months, dose 2 four months, dose 3 six months, dose 4 (12 to 15 months)
Measles, Mumps, Rubella (MMR) ⁵	Dose 1 (12 to 15 months) The second dose of MMR is routinely recommended at 4 to 6 yrs., but may be administered during any visit, provided at least one month has elapsed since receipt of the first dose and that both doses are administered at or after age 12 months
Chicken Pox ⁵	Dose 1 (12 to 15 months), dose 2 five years old, Children not receiving the vaccine prior to 18 months can receive the vaccine AT ANY TIME. Children 13 years or older who haven't been vaccinated and haven't had chicken pox should receive two doses of the vaccine at least 4 weeks apart. Second dose, catchup recommended for those who previously received only 1 dose
Influenza ⁵	Annually for all children 6 months – 5 years. Annually, for all high-risk children
Meningococcol Rotavirus	One dose per lifetime beginning at age 11 Dose 1 two months, dose 2 four months, dose 3 six months
Human Papilloma- virus (HPV)	One three dose series for females between 9 and 18 years old. Dose 2 at 2 months from dose 1, dose 3 at 6 months from dose 1.
CARE FOR PATIENTS WITH RISK FACTORS	
Tuberculosis (TB) Test	Testing should be done upon recognition of high-risk factors. Frequency should be determined by community and personal risk factors
Cholesterol Screening	Screening will be done at the doctor's direction, based on the child's family history and risk factors.
Chlamydia and Sexually Transmitted Disease (STD) Screening ⁸	As recommended by your doctor.
Pelvic Exam and Pap Test ^{9,10}	As recommended by your doctor.

1- This includes, at appropriate ages, height and weight measurement, developmental and behavioral assessment, and other care as determined by the doctor. Coverage is based on a calendar year.
2- As shown and when conditions indicate. If patient is uncooperative, re-screen with six months.
3- Optometric exams require an optional vision benefit

4- Additional immunizations and expanded age ranges may be eligible based on the PA State mandate for childhood immunizations.
5- Children can get this vaccine at any age if not previously vaccinated.
6- Or other series/schedules as recommended by the doctor.

7- Previously unvaccinated older infants and children who are beyond the age of the routine infant schedule should follow the dosing guidelines recommended by their doctor.
8- routine screening for all sexually active females and males.
9- Strongly recommended for females who have been sexually active.
10- Pap test should begin approximately 3 years after onset of sexual activity.

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Prevention of Obesity

The obesity epidemic places individuals at risk for a number of chronic and debilitating diseases. We are working with physicians, policymakers, The Children's Health Fund and representatives from the private sector to address the childhood obesity crisis and to create solutions to obesity-related problems. As part of our prevention of obesity initiative, the following benefits have been added to our Preventive Schedule.

Benefits for Children

Children with a body mass index (BMI) in the 95th percentile are eligible for:

- Two additional annual preventive office visits specifically for obesity.
- Two annual nutritional counseling visits specifically for obesity
- One set of recommended laboratory studies:
 - Lipid profile
A lipid panel measures lipids-fats and fatlike substances used as a source of fuel in your body. The panel measures levels of:
 - Total Cholesterol.
 - Triglycerides.
 - High-density lipoprotein (HDL)
 - Low-density lipoprotein (LDL)
- Hemoglobin A1c
This is a blood test that measures the amount of sugar (glucose) bound to hemoglobin. Normally, only a small percentage of hemoglobin in the blood (4% to 6%) has glucose bound to it. However, people with diabetes (or other conditions that increase their blood glucose levels) have a higher percentage than normal.
- Aspartate Aminotransferase (AST)
 - AST is used to assess liver function.
- Alanine Aminotransferase (ALT)
 - ALT is used to assess liver function.
- Fasting glucose (FBS)
 - This is a measurement of blood glucose taken after you have not eaten for 12 to 14 hours. It is a common test done to screen for diabetes.

Children with a BMI in the 85th percentile are eligible for:

- One additional annual preventive office visit specifically for obesity and blood pressure measurement.

Benefits for Adults

Adults with a BMI over 30 are eligible for:

- Two additional annual preventive office visits specifically for obesity and blood pressure measurement.
- Two annual nutritional counseling visits specifically for obesity
- One set of recommended laboratory studies:
 - Lipid profile
 - Hemoglobin A1c
 - AST
 - ALT
 - Fasting glucose



HAVE A GREATER HAND IN YOUR HEALTH!