

# The LiveWELL Health Plans

## Preventive Care Guide

Typically, men and women should have a routine, preventive physical every year beginning at age 18. The following chart shows some common health screenings and immunizations your doctor is likely to discuss with you during the exam. Your doctor may request that you visit a lab prior to your appointment to have certain blood tests and/or urinalysis, or may recommend additional preventive screenings.

*If pregnant, recommendations may vary. Speak with your provider for recommendations.*

### Screenings

♂ Male ♀ Female

PREVENTIVE CARE SERVICE		RECOMMENDED SCHEDULE
Weight   Height Body Mass Index (BMI)	♂ ♀	At every physical
Blood Pressure	♂ ♀	Every 2 years (if within normal range) up to age 65; then every year
Diabetes	♂ ♀	Every 3 years if age 45 and older (or at any age if blood pressure is higher than 135/80)
Cholesterol	♂ ♀	Every 5 years beginning at age 35 (beginning at age 20 if at increased risk for heart disease)
Abdominal Aortic Aneurysm	♂	One-time screening for men ages 65 to 75 who have ever smoked
Cervical Cancer	♀	Ages 21 to 65: every 3 years Additional screenings may vary based on condition and age.
Osteoporosis	♀	Ages 65 and over (earlier if post-menopausal with fractures) Frequency depends on provider's recommendations.
	♂	Ages 50 to 70, if risk factors are present
Colon Cancer	♂ ♀	Ages 50 and over Risk and screening methods may vary. Speak with your provider.
Breast Cancer	♀	Ages 40 and over Screening may vary based on risk. Speak with your provider.
Infectious Disease (STD)	♂ ♀	<b>Chlamydia/gonorrhea:</b> Sexually active women age 24 years and younger and in older women who are at increased risk for infection <b>HIV:</b> Ages 15 to 65 years: screen in all pregnant persons; younger adolescents and older adults who are at increased risk of infection should also be screened <b>Hepatitis C:</b> Ages 18 to 79 years
Hearing	♂ ♀	Yearly, beginning at age 65
Dental	♂ ♀	Every 6 months
Vision	♂ ♀	Yearly

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### Immunizations

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Influenza (Flu)	♂ ♀	Every year
Herpes Zoster (Shingles)	♂ ♀	At age 50 or over Dosage depends on provider recommendation.
Pneumococcal (Pneumonia)	♂ ♀	At age 65 or over Recommendations may change based on chronic conditions. Speak with your provider.
Human Papilloma Virus (HPV)	♂ ♀	Ages 11 to 26: discuss with your provider (2-3 doses depending on age of first vaccine) Ages 27 to 45: based on provider's recommendation
Tetanus Diphtheria Pertussis (TdAP/Td)	♂ ♀	TdAP vaccine once, then a Td booster every 10 years
Meningococcal	♂ ♀	Ages 19-23 Meningococcal A, C, W, Y (MenACWY): 1 or 2 doses depending on indication Meningococcal B (MenB): 2 or 3 doses depending on vaccine and indication