



Adult Wellness Guidelines

Making Preventive Care a Priority



Adult Health – for ages 18 and over

Preventive care is very important for adults. By making some good, basic health choices, women and men can boost their health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

Screenings	
Weight	Every visit or at least annually
Body Mass Index (BMI)	Every visit or at least annually
Blood Pressure (BP)	Every visit or at least annually
Cholesterol	Adults 40 to 75 years of age should be screened; or adults 20 to 39 years old who have risk for coronary heart disease. Talk with your health care provider* about the starting and frequency of screening that is best for you.
Colon Cancer Screening	Adults age 45-75 for colorectal cancer using: Guaiac Fecal Occult Blood Test (gFOBT) annually or; Fecal Immunochemical Testing (FIT) annually or; Fecal Immunochemical Testing (FIT)-DNA every 1-3 years or; Flexible sigmoidoscopy every 5 years or; Flexible sigmoidoscopy every 10 years with FIT annually or; Colonoscopy every 10 years or; CT Colonography every 5 years.** The risks and benefits of different screening methods vary. For details about pharmacy benefit coverage, call the number on the back of your Member I.D. card.
Diabetes Screening	Those with high blood pressure should be screened. Those who are overweight or have cardiovascular risk factors should be screened. All others should be screened starting at age 45.**
Hepatitis C (HCV) Screening	Once for adults age 18-79. Most adults need to be screened only once. Persons with continued risk for HCV infection (eg, PWID) should be screened periodically; and persons at high risk for infection
HIV Screening	Adults ages 18 to 65, older adults at increased risk and all pregnant women should be screened. Those 26-45 years of age, should discuss their options with their health care provider.

* A health care provider could be a doctor, primary care provider, physician assistant, nurse practitioner or other health care professional.

** Recommendations may vary. Discuss the start and frequency of screenings with your health care provider, especially if you are at increased risk.

Adult Health

Men and women are encouraged to get care as needed, make smart choices and make regular screenings a priority. That includes following a healthy lifestyle and getting recommended preventive care services. If everyone follows a game plan for better overall health, they'll be more likely to win at wellness.

In addition to the services listed in the Adult Health section, you should also discuss the recommendations shown in the chart to the right with your health care provider.

Immunizations (Vaccines)	
Tetanus Diphtheria Pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years
Influenza (Flu)	Yearly
Human Papillomavirus (HPV)	All Adults age 18-26, 2 or 3 doses depending on age at time of initial vaccination if not already given.** Those 27-45 should discuss options with their health care provider.
Herpes Zoster (Shingles)	Two doses of RZV starting at age 50, or one dose of ZVL at age 60 or over. Discuss your options with your health care provider.*
Varicella (Chicken Pox)	2 doses (if born in 1980 or later)
Pneumococcal (Pneumonia)	Ages 65 and over, one dose of PCV 13 and one dose of PCV 23 at least one year after PCV 13**
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults born in 1957 or later who have no evidence of immunity
COVID-19 Vaccine	The CDC recommends adults get the COVID-19 vaccine. Talk to your health care provider or pharmacist about the COVID-19 vaccine and when you should get it.
Women's Recommendations	
Mammogram	At least every 2 years for women ages 50 to 74 Ages 40 to 49 should discuss the risks and benefits of screening with their health care provider
Cervical Cancer Screening	Women ages 21 to 65: Pap test every 3 years Another option for ages 30 to 65: Pap test with HPV test every 5 years Women who have had a hysterectomy or are over age 65 may not need a Pap test*
Osteoporosis Screening	Women who are at an increased risk for osteoporosis should be screened at ages 65 and older.
Low-dose Aspirin Use	Ages 50-59 talk with your health care provider about low-dose aspirin use for the prevention of cardiovascular disease and colorectal cancer.
Intensive Behavioral Counseling	All sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STIs).
Men's Recommendations	
Prostate Cancer Screening	Discuss the benefits and risks of screening with your health care provider.**
Abdominal Aortic Aneurysm	Have an ultrasound once between ages 65 to 75 if you have ever smoked.
Low-dose Aspirin Use	Ages 50-59 talk with your health care provider about low-dose aspirin use for the prevention of cardiovascular disease and colorectal cancer.

Learn more. Additional sources of health information include:

- ahrq.gov/patients-consumers/prevention/index.html
- cancer.org/healthy/index
- cdc.gov/healthyliving/

You probably don't hesitate to ask your health care provider about nutrition and exercise, losing weight and stopping smoking. Other topics for discussion may include:

- Dental health
- Problems with drugs or alcohol
- Sexual behavior and sexually transmitted diseases
- Feelings of depression
- Domestic violence
- Accident/injury prevention
- Preventing falls, especially for ages 65 and over

* Recommendations may vary. Discuss screening options with your health care provider, especially if you are at increased risk.

The recommendations provided in the table are based on information from organizations such as the Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American Cancer Society and the United States Preventive Services Task Force. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a health care provider. Please check with your health care provider for individualized advice on the recommendations provided.

** Coverage for preventive care services at no cost share may vary depending on your specific benefit plan and use of network providers. For questions, please call the Customer Service number on the back of your ID card.



Good health is a gift anyone would wish for a child, but it doesn't happen without your help.

Some things you can do to help keep your child well:

- Introduce good nutrition at an early age and be a good role model
- Encourage lots of play and physical activity
- Keep up with recommended vaccines

Blue Cross and Blue Shield of Illinois (BCBSIL) wants your child to be well.

Children's Wellness Guidelines

Laying the Groundwork for a Healthy Tomorrow

Children's Health

Put your child on the path to wellness. Schedule a yearly Well Child visit with your child's health care provider* following immunization guidelines. The health care provider will watch your child's growth and progress and should talk with you about eating and sleeping habits, safety and behavior issues.

According to the Bright Futures recommendations from the American Academy of Pediatrics, the provider should:

- Check your child's Body Mass Index percentile regularly beginning at age 2
- Check blood pressure yearly, beginning at age 3
- Screen hearing at birth, then yearly from ages 4 to 6, then at ages 8 and 10
- Test vision yearly from ages 3 to 6, then at ages 8, 10, 12, and 15

Help protect your child from sickness. Make sure they get the recommended vaccinations shown in the charts. If your child has missed vaccinations, ask your health care provider how to catch up.

Learn more. An additional source of health information is available at [healthychildren.org](https://www.healthychildren.org).

Please note: These recommendations are for healthy children who don't have any special health risks. Take time to check the following summaries of key preventive services.

*A health care provider could be a doctor, primary care provider, physician assistant, nurse practitioner or other health care professional.

Be sure your child is up-to-date on immunizations and health screenings.

Routine Children's Immunization Schedule¹

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	11/2 - 3 years	4 - 6 years
Hepatitis B (HepB)	●	●					●			
Rotavirus (RV) RV1 (2 Dose Series); RV 5 (3 Dose Series)			●	●	●	3 dose series				
Diphtheria Tetanus and Pertussis (DTaP)			●	●	●		●			●
Haemophilus Influenzae Type B (Hib)			●	●	●	●				
Pneumococcal Conjugate (PCV)			●	●	●	●				
Inactivated Polio Vaccine (IPV)			●	●		●				●
Influenza (Flu)					●	Recommended yearly starting at age 6 months with 2 doses given the first year				
Measles, Mumps and Rubella (MMR)						●				●
Varicella (Chicken pox)						●				●
Hepatitis A (HepA)						●	First dose: 12 to 23 months Second dose: 6 to 18 months later		●	

● One dose ■ Shaded areas indicate the vaccine can be given during shown age range.

Adolescents

As your children grow into adolescents, they should continue yearly preventive care visits for exams and scheduled immunizations. These visits give the health care provider a chance to:

- Discuss the importance of good eating habits and regular physical activity.
- Talk about avoiding alcohol, smoking and drugs.
- Screen for sexual activity and sexually transmitted diseases as appropriate.
- Screen for HIV between the ages of 15 and 18, or earlier if at increased risk.

Recommended Immunizations for ages 7 to 18¹

Vaccine	7 - 10 years	11 - 12 years	13 - 15 years	16 years	17 - 18 years
Tetanus Diphtheria Pertussis (Tdap)		●			
Human Papillomavirus (HPV) - boys and girls		●	2 doses		
Meningococcal (MenACWY)		●		●	
Influenza (Flu)	Yearly				

1. These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics (cdc.gov/vaccines/hcp/acip-recs/index.html). The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a health care provider. Please check with your health care provider for individual advice on the recommendations provided.

Coverage for preventive services may vary depending on your specific benefit plan and use of network providers. For questions, please call the Customer Service number on the back of your ID card.



Perinatal Wellness Guidelines

Routine recommendations
for a healthy pregnancy



First Prenatal Visit

Your health care provider* will evaluate your personal health and family history to plan the best care for you and your new baby. The first visit is usually the longest, so be prepared. You may be asked about:

- The date of your last menstrual period to help predict when your baby will be born
- Health problems like diabetes, high blood pressure or sexually transmitted disease
- Past pregnancies and any complications
- Previous hospital admissions
- Current medicines, allergies to medicines and foods
- Vaccination history
- Whether you drink alcohol, use tobacco, or recreational drugs
- Your diet and eating habits and how much you exercise
- Stress in your life
- How safe you feel in your current living arrangements
- Health history of the baby's father and your family history

Your health care provider will also examine you, do some tests and offer advice. He or she may:

- Check your height, weight and blood pressure
- Perform a physical exam, including a pelvic exam
- Take a urine and blood sample for analysis
- Prescribe prenatal vitamins
- Give recommended vaccinations, including but not limited to Tdap and influenza
- Give recommended screening for hepatitis B virus (HBV) infection
- Provide education about what to expect during your pregnancy

Before Pregnancy

It is important to make healthy choices. Keep an ideal weight and a healthy lifestyle. Visit your health care provider for a checkup before becoming pregnant.

*A health care provider could be a doctor (OB/GYN), primary care provider, physician assistant, nurse practitioner or other health care professional.



Normally, you will see your health care provider every four weeks for the first 28 weeks of pregnancy, then every two weeks until 36 weeks of pregnancy and then weekly until your baby is born. Talk with your health care provider and bring a list of questions to every visit.

Later Prenatal Visits

Follow-up visits usually take less time. Your health care provider may also:

- Check your blood pressure
- Check your hands, feet and face for swelling
- Listen to the baby's heartbeat (beginning as early as week nine)
- Perform an ultrasound (usually at weeks 18 to 20)
- Measure the size of your uterus
- Ask about the baby's movement

After Giving Birth

You should schedule a visit with your obstetrician or other care provider within the first three weeks after giving birth. A comprehensive visit should be done no later than 12 weeks after birth. Your care provider:

- Will do an examination
- May do follow-up testing, if needed
- May give vaccinations, as needed
- May ask about breastfeeding

After giving birth, you may also be asked if you are feeling low, have lost interest in usual activities, have difficulty caring for your baby or have difficulty concentrating, focusing or making decisions.

Depending on your health and the health of your unborn baby, your health care provider may wish to see you more often and do additional testing.

The recommendations are based on information from The American College of Obstetricians and Gynecologists. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a health care provider. Please check with your health care provider for individualized advice on the recommendations provided.

Source: Guidelines for Perinatal Care, Seventh Edition, American Academy of Pediatrics and The American College of Obstetricians and Gynecologists



Behavioral Health

Feeling Worried? Sad? Out of Control?
With help, you can start to feel better.

Most people have times when they don't feel their best. But when negative feelings get in the way of normal activities or last a long time, you may need extra support.

The good news is there are many treatments and support systems included with your health benefits.¹ With the right help, you can learn to help control your symptoms and live a full life.

You and your covered family members can get the support you may need for issues such as:

- Substance use
- Anxiety and panic attacks
- Attention deficit
- Autism
- Bipolar
- Depression
- Eating disorders
- Schizophrenia

Behavioral health professionals from Blue Cross and Blue Shield of Illinois are experts in mental health. They can help you learn where and how to get help. Call the Customer Service or behavioral health number on the back of your member ID card to get started.

Start your path to a healthier mind and a more balanced life.
Take the first step today.



To find a behavioral health provider in your area:

Go to **bcbsil.com**.
Then, click **Find a Doctor or Hospital**.



Or call the Customer Service number on the back of your member ID card if you need help finding the right provider or have questions about your benefits.

1. The Behavioral Health program is available only to those members whose health plans include behavioral health benefits through Blue Cross and Blue Shield of Illinois. Check your benefit booklet, ask your group administrator or call the Customer Service number on the back of your member ID card to verify that you have these services.

Member communications and information from the program are not meant to replace the advice of health care professionals. Members are encouraged to seek the advice of their doctors or behavioral health specialist to discuss their health care needs. Decisions regarding course and place of treatment remain with the member and his or her health care providers.