

# Save a life ... yours

**Blues members may receive many exams and services at no cost**



**Regular checkups**, the right screening tests and a healthy lifestyle can help you prevent or detect life-threatening chronic diseases such as heart disease, diabetes and cancer.



**The Blues cover many preventive services** with no cost-sharing. In many cases, you won't have to pay a copay or meet a deductible when you get preventive services in our network. Before you receive preventive services, make sure you know what's covered by your specific health plan.



**Keep this brochure** to help you identify the preventive services you need. Based on your age or gender, the charts that follow provide a roadmap for reaching a healthier life.

This isn't a comprehensive list of services your specific plan covers. Log in to your online account on [bcbsm.com](http://bcbsm.com) for more information about your benefits.

## Depression harms mind *and* body

You might think your health depends solely on the way you treat your body. But taking care of your mind plays a big part, too.

When you're depressed, your mind *and* body suffer. Depression can cause or worsen chronic illnesses, such as heart disease. Depression can lead you to take part in unhealthy habits such as smoking, drinking, physical inactivity or poor sleep. And depression can make it harder to stay healthy and active as you age.

Depression seldom goes away by itself, but it's treatable. Medication or talk therapy can rid you of this disease.

The first step is recognizing a problem. Signs of depression include:

- Feeling sad or blue
- Having thoughts of guilt, helplessness or hopelessness
- Thinking about dying or killing yourself
- Getting tired more often
- Feeling less interested in other people and your normal activities
- Having trouble sleeping or sleeping too much

If these symptoms linger for two weeks or more, talk with your doctor. Screening tests can show if you have depression. Then you and your doctor can work on a plan together to help you feel better about life.



## Schedule your preventive screenings today:

- Call your doctor to schedule an appointment.
- If you don't have a doctor, find one at [bcbsm.com/prevention](http://bcbsm.com/prevention).

Looking for more information about health and wellness? Visit [bcbsm.com](http://bcbsm.com).



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Look inside for preventive care recommendations

# Preventive care saves lives

## GET SCREENED

# Recommended Preventive Care Guidelines

## Children, birth to age 12 years

	AGE	HOW OFTEN
Well-child exam: Parental education; nutrition; development; injury and poison prevention; SIDS; coping skills; tobacco use screening; secondhand smoke; height, weight and body mass index	0 – 24 months	11 visits
	2 – 18 years	6 visits
Newborn and hearing screening	Birth (after 24 hours)	Once
Cholesterol screening	2-plus years	Ask your doctor
Lead screening	Between 9 and 18 months	Once
Vision screening	2 – 6 years	Before starting school
	7 – 12 years	Every 2 years

### IMMUNIZATIONS

HPV (human papillomavirus)	Females, 9 – 26 years	3 doses
	Males, 9 – 26 years	Ask your doctor
DTaP	2, 4, 6 months	1st, 2nd, 3rd dose
	15 – 18 months	4th dose
	4 – 6 years	5th dose
Rotavirus	2 – 6 months	Complete series
Tdap	11 – 12 years	1 dose
Hepatitis A	12 months	1st dose
	18 – 24 months	2nd dose
Hepatitis B	Birth	1st dose
	1 – 2 months	2nd dose
	6 – 18 months	3rd dose
Polio	2 months	1st dose
	4 months	2nd dose
	6 – 18 months	3rd dose
	4 – 6 years	4th dose
	HiB-haemophilus	2 – 15 months
Flu	6 months – 8 years	2 doses first year, then every year
	9 – 21 years	Every year
MMR (measles, mumps and rubella)	12 – 15 months	1st dose
	4 – 6 years	2nd dose
Varicella (chickenpox)	12 – 15 months	1st dose
	4 – 12 years	2nd dose
Meningococcal	11 – 12 years	1 dose
Pneumococcal conjugate (pneumonia)	2 months	1st dose
	4 months	2nd dose
	6 months	3rd dose
	12 – 15 months	4th dose

## Children, ages 12 and up

Well-child exam: Parental education; nutrition; development; injury and poison prevention; coping skills; tobacco use screening; secondhand smoke; height, weight and body mass index; mental health assessment; alcohol and drug use	6 visits
Cholesterol screening	Ask your doctor
Vision screening	Ages 13 – 21: Every 3 years
Pregnancy prevention and counseling	Every year (earlier if sexually active)
Screening for sexually transmitted infections (such as HIV and chlamydia)	Ages 13 – 21: Every 3 years for sexually active girls

### IMMUNIZATIONS

HPV (human papillomavirus)	Females up to age 26: 3 doses
	Males up to age 26: Ask your doctor
Flu	Every year
Meningococcal	Booster between 16 and 18

## Ages 18 to 49

Health exam (including height, weight and body mass index assessment, obesity counseling, alcohol/drug abuse, tobacco use and injury)	Every 1 to 5 years
Blood pressure screening	<ul style="list-style-type: none"> <li>• Every 2 years if 120/80 or lower</li> <li>• Every year if higher than 120/80</li> <li>• Screen more frequently if needed</li> </ul>
Cholesterol and lipid screening	<ul style="list-style-type: none"> <li>• Men: Every 5 years starting at age 35; more often with risk factors</li> <li>• Women: Ask your doctor starting at age 20</li> </ul>
Diabetes screening	Every 3 years with blood pressure of 135/80 or more
Colorectal cancer screening	If at high risk, ask your doctor
Glaucoma screening	If at high risk, ask your doctor
HIV screening	Once for everyone; yearly if high-risk
Mammogram (with or without clinical breast exam)	<ul style="list-style-type: none"> <li>• Women 18 – 49: Ask your doctor</li> <li>• Women 50 – 74: Every two years</li> </ul>
Cervical cancer/Pap test screening	Women 21-plus: Every 3 years after becoming sexually active
Chlamydia screening	Women: Every year if sexually active, age 24 and younger or if high-risk, age 25 and older; screen during pregnancy
Pregnancy (prenatal visits)	Week 6 – 8: first visit; week 14 – 16: 1 visit; week 24 – 28: 1 visit; week 32: 1 visit; week 36: 1 visit; week 38 – 41: every week
Pregnancy (postnatal visits)	Once 21 to 56 days after delivery

### IMMUNIZATIONS

Tetanus/diphtheria/pertussis (Tdap)	1 dose after age 12
Tetanus	Once every 10 years
Flu	Every year
Measles/mumps/rubella	1 – 2 doses if needed
Varicella (chickenpox)	2 doses if needed
Hepatitis A, hepatitis B, meningococcal	If high risk
Pneumococcal (meningitis and pneumonia)	If high risk
HPV (human papillomavirus)	<ul style="list-style-type: none"> <li>• Females, 9 – 26: 3 doses</li> <li>• Males, 9 – 26: Ask your doctor</li> </ul>

## Ages 50 and up

Health exam: Height, weight and body mass index assessment, obesity counseling, alcohol/drug abuse, tobacco use, depression screening and injury)	Every 1 to 3 years
Blood pressure screening	<ul style="list-style-type: none"> <li>• Every 2 years if 120/80 or lower</li> <li>• Every year if higher than 120/80</li> <li>• Screen more frequently if needed</li> </ul>
Cholesterol and lipid screening	<ul style="list-style-type: none"> <li>• Men: Every 5 years; more often with risk factors</li> <li>• Women: Ask your doctor</li> </ul>
Diabetes screening	Every 3 years with blood pressure of 135/80 or more
Colorectal cancer screening (ask your doctor about screening if you're 76 or older)	Fecal occult blood test every year OR: Sigmoidoscopy every 5 years with fecal occult blood test every 3 years OR: Colonoscopy every 10 years
Glaucoma screening	If at high risk, ask your doctor
Osteoporosis screening (including bone mineral density test)	<ul style="list-style-type: none"> <li>• Ages 50 – 64: Ask your doctor</li> <li>• Age 65-plus: Once</li> </ul>
HIV screening	<ul style="list-style-type: none"> <li>• Once for everyone up to age 64</li> <li>• Yearly if high-risk</li> </ul>
Mammogram (with or without clinical breast exam)	<ul style="list-style-type: none"> <li>• Women up to age 74: Every two years</li> <li>• Women 75-plus: Ask your doctor</li> </ul>
Prostate cancer (digital rectal exam and/or prostate-specific antigen test)	Men up to age 74: Ask your doctor
Cervical cancer/Pap test screening	Women: Every 3 years after becoming sexually active; after age 65, ask your doctor

### IMMUNIZATIONS

Tetanus/diphtheria/pertussis (Tdap)	1 dose after age 12
Tetanus	Once every 10 years
Flu	Every year
Varicella (chickenpox)	2 doses if needed
Hepatitis A, hepatitis B, meningococcal	If high risk
Pneumococcal (meningitis and pneumonia)	If high risk. If you received a dose before age 65, and 5 or more years have passed, get another dose at age 65.
Zoster (shingles)	60-plus: One dose