

In-Network Preventive Care Covered at **100%**



Regardless to age or gender you should have an annual routine exam that includes, for adults: personal history, weight, blood pressure, body mass index (BMI), cholesterol, HIV testing, preventive screening and for children: cholesterol screening, height, weight, developmental milestones and BMI. However based on age and gender there are additional recommendations for screenings you should receive. Reference the tables below to see what additional screenings you should be receiving. Remember, preventive care is covered at 100% when an in-network provider is used.

Men's Recommendations		Age: 18 - 34	35 - 39	40 - 49	50 - 64	65+
Testicular & Prostate Cancer	Annual Digital Rectal Exam (DRE) or Prostate Specific Antigen (PSA) blood test. Men with several close relatives who had prostate cancer before the age of 65 are at high risk and should talk with their doctors beginning at age 40.	◇	◇	◇	✓	✓
Colorectal Cancer Screening	Beginning at age 50 colonoscopy every 10 years, or flexible sigmoidoscopy every 5 years or fecal occult blood test annually.	◇	◇	◇	✓	✓
Glucose Screening	Those with high blood pressure should be screened. Especially those who are overweight or have additional risk factors.	◇	◇	◇	✓	✓
Abdominal Aortic Aneurysm	Screen once between ages 65-75, if you have ever smoked.	◇	◇	◇	◇	✓

Women's Recommendations		Age: 18 - 34	35 - 39	40 - 49	50 - 64	65+
Pap Test	Women ages 21-65: Pap test every 3 years. Another option for ages 30-65: Pap test and HPV test every 5 years. Women who have had a hysterectomy or are over age 65 may not need Pap Test. *Beginning at the age of 18 or earlier if sexually active.	✓	✓	✓	✓	✓
Mammogram	Every 1-2 years for women ages 35-74.	◇	✓	✓	✓	✓
Clinical Breast Exam	Every 3 years for women ages 18-39. Annually for age 40 and over.	✓	✓	✓	✓	✓
Colorectal Cancer	Annual Fecal occult blood testing test, sigmoidoscopy test every 5 years, or colonoscopy test every 10 years.	◇	◇	◇	✓	✓
Osteoporosis Screening	Beginning at age 65 or at age 60 if risk factors are present.	◇	◇	◇	✓	✓

Children's Recommendations		Age: 0 - 1	1 - 4	5 - 10	11 - 17
Growth and BMI	Assess growth parameters using height, weight, and include head circumference until 2 years of age. Annual BMI for age screening starting by age 3. Screen annually for eating disorders starting in middle childhood.	✓	✓	✓	✓
Blood Test for Lead	Initial screening between 9–12 months. Annually 2 and 3 years. Also at 4 years if in areas of high risk.	✓	✓	If never screened prior to kindergarten.	
Urinalysis	Once at age 5 and age 15 at discretion of clinician.	N/A	N/A	✓	✓
Testicular Exam (males)	Clinical exam and self-exam instruction annually beginning at age 15.	N/A	N/A	N/A	✓

Immunizations	
Tetanus Diphtheria Pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years.
Influenza (flu)	Yearly.
Herpes Zoster (Shingles)	1 dose given at age 60 or over.
Varicella (Chicken Pox)	2 doses if no evidence of immunity.
Pneumococcal (pneumonia)	1 dose at age 65 and over.
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults ages 18-55 if no evidence of immunity.
Human Papillomavirus (HPV)	3 doses for women ages 18-26 if not already given. 3 doses for men ages 18-21 if not already given.

◇ Not routine unless high risk.

NOTE: Recommendations may vary. Discuss Screening options with your doctor, especially if you are at increased risk. Recommendations are based on information from the U.S. Preventive Task Force and American Cancer Society. Recommendations are not intended to be medical advice nor meant to substitute for individual medical judgment of a doctor or health care professional. Please check with your doctor for individual advice on recommendations.