

2009 Preventive Health Guidelines

Our 2009 Preventive Health Care Guidelines will help you learn more about screening tests and immunizations that you and your family need every year. Save this handy chart and bring it to your next medical appointment. Together, you and your doctor can make sure your family's medical checkups and immunizations are up to date.



These guidelines are intended to provide general information about currently recommended preventive health care. The services described in this booklet may or may not be covered under your EmblemHealth benefits. Your coverage is subject to all terms, conditions, limitations and exclusions contained in your EmblemHealth Certificate of Coverage.

BIRTH TO 2 YEARS

Safety First: It is important to create an environment that promotes safety and well-being. One of the best ways to accomplish this is to make sure that no pillows, soft bedding or comforters are used. According to the March of Dimes, babies should be placed on their backs in a crib with a firm mattress. Put your child in a rear-facing car seat in the back of the car, at least until age one.

Well-baby exam: At birth, 3-5 days and 1, 2, 4, 6, 9, 12, 15, 18 and 24 months. In addition to receiving advice about your baby's health, development and behavior, counseling should be provided on injury prevention, violence prevention, sleep positions, feeding and nutrition, daily care and activity, and dental referrals. If your child has a disability or developmental delay, your doctor may refer your child to the early intervention program (EIP) for evaluation. During the exam, your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

Immunizations

See **Childhood Immunization Schedule on back page.**

Screenings

- **Hemoglobin and hematocrit (Hgb/Hct):** Once between age 9 and 12 months.
- **Lead screening:** Annually between age 6 months and 6 years to assess risk for lead toxicity.*
- **Lead test:** All children at age 12 and 24 months.*
- **Mantoux (tuberculosis or TB):** Annually or as your PCP advises.
- **Vision:** Screening for all newborns and between 6 -12 months.
- **Hearing:** Screening for all newborns and at well visits thereafter.
- **Weight, length and head circumference:** At every visit.
- **Dental:** Your child needs an oral health risk assessment by 6 months of age and a regular dentist by 12 months of age.



* Mandated by the New York State Department of Health.

Source: American Academy of Pediatrics

AGE 2 TO 20

Well-child exam: Once a year for children ages 2 to 20. You should receive advice about your child's dental health, exercise and physical activity, diet and nutrition, sun exposure, injury and violence prevention and, when appropriate, alcohol consumption and sexual behavior; smoking cessation; and suicide prevention. In addition, during this exam your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

Immunizations

See **Childhood Immunization Schedule on back page.**

Screenings

- **Blood pressure measurement:** Starting at 3 years of age, annually at well-child exams.
- **BMI counseling:** Review body mass index (BMI) results with PCP.
- **Cholesterol:** As your child's PCP advises.
- **Height and weight:** At every well-child exam.
- **Hemoglobin and hematocrit (Hgb/Hct):** As PCP advises and at all routine examinations.
- **Lead screening:** All children at ages 12 and 24 months as indicated in Birth to 2 years of age (at left).* Continue screening until age 6.*
- **Mantoux (tuberculosis or TB):** As your PCP advises.
- **Sexually Transmitted Disease (STD):** All sexually active patients should be screened for STDs, including chlamydia.
- **Urinalysis:** At least once in adolescence.
- **Vision and hearing:** Assessments should be annual, testing for vision should start at age 3, hearing should be tested at age 4 and annually thereafter until age 11.



* Mandated by the New York State Department of Health.

Source: American Academy of Pediatrics

AGE 21 AND OLDER

Well-person exam: As often as your PCP advises, receive periodic counseling on dental health and vision, exercise and physical activity, diet and nutrition, smoking cessation, alcohol and tobacco consumption, injury prevention, and sexual behavior. Women who are or plan to become pregnant should take a daily multivitamin with folic acid. If you are at increased risk for certain cancers, you should consult with your physician as to screening schedules and possibly starting at an earlier age. A risk factor is anything that affects your chance of developing a condition. Risk factors can be your age, gender, family history or lifestyle.

During your exam, you may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

Immunizations

- **Hepatitis A vaccine:** For adults at risk.
- **Hepatitis B vaccine:** For adults at risk and health care workers, as your PCP advises.
- **Influenza (flu):** Annually for adults over 49 and others at high-risk.*
- **Measles, Mumps, and Rubella:** Those who lack documentation of vaccination or have no evidence of prior infection.
- **Pneumonia vaccine:** One dose at age 65 or older. If under 65 and at high risk, as per PCP.
- **Rubella:** One dose for non-pregnant women of childbearing age and health care workers.
- **Shingles:** Beginning at age 60 or as your PCP advises.
- **Tetanus-diphtheria (Td):** One dose every 10 years.
- **Vaccines for travelers:** Consult with PCP, or local Department of Health.
- **Varicella (chickenpox) vaccine:** Two doses for adults not immune.

Screenings

- **Blood pressure:** Every 1-2 years, as per PCP.
- **Bone densitometry:** In women age 65 and older and men 70 and older, bone mineral density (BMD) testing recommended.
- **Breast exam, clinical:** Every 3 years for women in their 20s and 30s and every year for women 40 and over. Breast self-exam is an option for women starting in their 20s.



- **Breast mammogram:** Yearly mammograms are recommended starting at age 40.
- **Cholesterol:** A fasting lipid profile starting at age 20; every 5 years thereafter; more frequently as PCP advises.
- **Colon and rectal cancer:** Beginning at age 50, both men and women should follow one of these testing schedules:
 - Flexible sigmoidoscopy every five years.
 - Yearly fecal occult blood test (FOBT).
 - Fecal immunochemical test (FIT) every year.
 - Double-contrast barium enema every five years.
 - Colonoscopy every 10 years.
- **Depression:** Periodic assessment.
- **Diabetes, type 2:** Every 3 years for age 45 and older.
- **Hearing impairment:** Periodic assessment as your doctor advises.
- **Height and weight:** At each medical visit.
- **Obesity:** Use of body mass index (BMI) to identify adults at risk for disease and death due to overweight and obesity (as defined by having a BMI over 30 kg/m²).
- **Pelvic exam:** Screening should be done every year with the regular Pap test.
- **Prostate cancer:** Both the prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) should be offered annually to men beginning at age 50.
- **Sexually transmitted diseases (STD):** All sexually active men and women age 25 and younger as well as older adults at risk, as part of a regular health care visit.
- **Skin cancer:** A skin evaluation should be part of a routine cancer related checkup. Perform a self-evaluation once a month.
- **Vision:** Annually, as needed or directed by your doctor. Check with eye doctor for recommended frequency of a complete eye exam for the following risk factors: history of eye injury, diabetes, family history of eye problems and African Americans older than age 40.



Preventive

- **Aspirin therapy:** As your doctor advises.
- **Hormone replacement therapy:** As your doctor advises.

* See back page for more information about the influenza (flu) vaccine.

Child Immunization Schedule (Birth-6 years)*

Vaccine ▼	Age ►	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B	HepB	HepB	HepB				HepB				HepB Series	
Rotavirus			Rota	Rota	Rota							
Diphtheria, Tetanus, Pertussis**			DTaP	DTaP	DTaP		DTaP					DTaP
Haemophilus influenzae type b			Hib	Hib	Hib		Hib					
Pneumococcal			PCV	PCV	PCV		PCV				PCV	PPV
Inactivated Poliovirus			IPV	IPV			IPV					IPV
Influenza***							Influenza (Yearly)					
Measles, Mumps, Rubella							MMR					MMR
Varicella							Varicella					Varicella
Hepatitis A							HepA (2 doses)				HepA Series	
Meningococcal												MCV4

Range of recommended ages
 Catch-up immunization
 Certain high-risk groups

Immunization Schedule (7-18 years)*

Vaccine ▼	Age ►	7-10 years	11-12 years	13-14 years	15 years	16-18 years
Tetanus, Diphtheria, Pertussis**			Tdap			Tdap
Human Papillomavirus			HPV (3 doses)			HPV Series
Meningococcal		MCV4	MCV4			MCV4
Pneumococcal			PPV			
Influenza***			Influenza (Yearly)			
Hepatitis A			HepA Series			
Hepatitis B			HepB Series			
Inactivated Poliovirus			IPV Series			
Measles, Mumps, Rubella			MMR Series			
Varicella			Varicella Series			

Range of recommended ages
 Catch-up immunization
 Certain high-risk groups

Immunization Schedule (19 and older)*

Vaccine ▼	Age ►	19-49 years	50-64 years	65 years and older
Tetanus, Diphtheria, Pertussis** (Td/Tdap)		1-dose Td booster every 10 yrs Substitute 1 dose of Tdap for Td		
Human Papillomavirus	3 doses (females) (0,2,6 mos)			
Measles, mumps, rubella (MMR)		1 or 2 doses		1 dose
Varicella		2 doses (0, 4-8 wks)		
Influenza***		1 dose annually	1 dose annually	
Pneumococcal (polysaccharide)		1 or 2 doses		1 dose
Hepatitis A		2 doses (0, 6-12 mos, or 0, 6-18 mos)		
Hepatitis B		3 doses (0, 1-2, 4-6 mos)		
Meningococcal		1 or more doses		
Zoster				1 dose

For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)
 Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indications)

The Centers for Disease Control and Prevention recommends that every child be immunized annually for the flu beginning at 6 months of age. Children between 6 months and age 8 who are getting the flu shot for the first time will require two separate injections, as a single dose will not provide enough protection.

New York State mandates that all children born 01/01/08 or later be immunized with the Pneumococcal Conjugate Vaccine (PCV) prior to attending day care, pre-K or Headstart programs. New York State also mandates that all children who attend a school, day care center or preschool program must have these immunizations (shots): hepatitis B; diphtheria, tetanus, acellular pertussis; Haemophilus influenzae type b; polio; measles, mumps, rubella; and varicella. The New York State Department of Health's immunization bureau has issued new requirements for the tetanus, diphtheria and pertussis (Tdap) booster vaccine. As of September 1, 2007 all children born on or after 01/01/1994 and enrolling in the sixth grade will need to receive one dose of the Tdap booster vaccine. Ten-year-olds entering the sixth grade do not need to have a Tdap booster vaccine until they turn 11.

Bars show the range of recommended ages for the vaccination.

Source: The Centers for Disease Control and Prevention

* This schedule was current as of November 2008. For more information on 2009 CDC recommendations for childhood immunizations, visit www.cdc.gov/.
 ** Tetanus booster is recommended every 10 years or as directed by your physician.
 *** See box below for information on the influenza (flu) vaccine.

Influenza (Flu) Vaccination Recommendations

*** The Centers for Disease Control and Prevention (CDC) recommends that all persons age 6 months and older be vaccinated annually against influenza. It is especially important that persons in high-risk groups (including those with diabetes, immune system deficiencies and respiratory ailments) and those over 50 be vaccinated.

