

Wellness guidelines for all ages

Live healthy,
stay safe



Take a few minutes to review for you and your family

Special cut-out sections:

- *Topics to discuss with your health care provider*
- *Health information record*

Independence 

A message about your health

Thank you for choosing Independence Blue Cross.

Your health and wellness are important. That's why we provide you with these wellness guidelines to help you and your family stay healthy. The wellness guidelines are a summary of recommendations from the U.S. Preventive Services Task Force and other nationally recognized sources. These recommendations have also been reviewed by some of our network health care providers.

We encourage you to take the time to review these guidelines. Use them as a starting point for conversations with your and your family's health care providers. Your health care provider may recommend alternatives to the information outlined in these wellness guidelines based on your specific needs and the history of health or illness in your family. Please log onto www.ibxpress.com for the most up-to-date wellness guidelines and for more resources on how to stay healthy.

We hope you will find the wellness guidelines both educational and useful in helping you and your family stay in the best of health.

Sincerely,

A handwritten signature in blue ink, appearing to read 'R. Snyder', is positioned above the printed name and title.

Richard L. Snyder, M.D.
Senior Vice President
Chief Medical Officer

Recommendations*†

Birth – 17 years

	Birth – up to 3 years	3 – 11 years	12 – 17 years
Well check-up and physical exam	<p>First visit after birth: includes length, weight, head circumference, developmental review, and psychosocial/behavioral assessment; newborn metabolic/hemoglobin screening if not done at birth; and other screenings if at risk (e.g., blood pressure, vision).</p> <p>Well visits: by 1 month, then at 2, 4, 6, 9, 12, 15, 18, 24, and 30 months, including length/height, weight, head circumference until 24 months, weight for length until 18 months, then body mass index (BMI), developmental review, and psychosocial/behavioral assessment; age appropriate screenings for hearing, lead, hematocrit or hemoglobin; and other screenings if at risk (blood pressure, tuberculosis, vision, genetic or hereditary diseases).</p> <p>Starting at age 2, discuss counseling for nutrition and healthy weight management if BMI is in 85th percentile or higher for age.</p> <p>Discuss general safety and injury prevention, including car seats, secondhand smoke, prevention of scalding injuries, sunscreen, pedestrian safety, falls, and gun safety.</p>	<p>Annually, including height, weight, BMI, blood pressure, developmental review, psychosocial/behavioral assessment; vision at 3 years; hearing and vision at 4, 5, 6, 8, and 10 years; and other screenings if at risk (hemoglobin or hematocrit, lead, tuberculosis).</p> <p>Discuss counseling for nutrition and healthy weight management if BMI is in 85th percentile or higher for age.</p> <p>Discuss general safety and injury prevention, including car seats or seat belts, secondhand smoke, sunscreen, helmet and bicycle/skating safety, pedestrian safety, falls, and gun safety; age 9 – 11, discuss swimming, tobacco, drug/alcohol use, and environmental/occupational risk factors.</p>	<p>Annually, including height, weight, BMI, blood pressure, developmental review, psychosocial/behavioral assessment; vision age 12 and 15; and other screenings if at risk (hearing, hemoglobin or hematocrit, tuberculosis).</p> <p>Discuss counseling for nutrition and healthy weight management if BMI is in 85th percentile or higher for age.</p> <p>Discuss car safety, bullying and physical violence, guns, tobacco, alcohol/drug use, and environmental/occupational risk factors.</p>
Immunizations	<p>Check with your health care provider that all immunizations are up to date. For immunization schedules visit www.cdc.gov/vaccines/schedules/.*</p>		

*Your health care provider may suggest alternative tests/screenings to those listed. Wellness guidelines are constantly changing, and these guidelines were current at the time of publishing. Please discuss your individual needs and the recommended wellness guidelines with your health care provider. For coverage information and questions, please contact Customer Service at 1-800-ASK-BLUE. Please refer to your health benefits contract for complete details of terms, limitations, and exclusions of your health care coverage.

† Pregnant members, please call 1-800-598-BABY (2229) for information about enrolling in our Baby BluePrints® program and to find out how to get information on screenings specific to pregnancy.

* If you do not have Internet access, contact the Centers for Disease Control and Prevention (CDC) at 1-800-CDC-INFO (1-800-232-4636) to request a copy of the immunization schedules. You can also obtain a copy of immunization schedules from your health care provider.

Recommendations^{*†}

Birth – 17 years

	Birth – up to 3 years	3 – 11 years	12 – 17 years
Diabetes screening	Not recommended for this age group.	Screening at age 10 or start of puberty for overweight youths (BMI is in 85th percentile or higher for age) who also have 2 additional risk factors.	Every three years if at risk.
	Risk factors include family history of diabetes, maternal history of gestational diabetes, abnormal cholesterol test, high blood pressure, acanthosis nigricans (a skin condition which can be associated with obesity related diabetes), polycystic ovarian syndrome in females, or being a member of a high-risk ethnic population (African American, Asian American, Latino, Native American, Pacific Islander).		
Cholesterol test (fasting) (total cholesterol, low-density lipoprotein [LDL], high-density lipoprotein [HDL], and triglycerides)	If at risk, two screenings between ages 2-8.	If at risk, two screenings between ages 2-8. One screening between ages 9-11. <i>Note:</i> Your child's health care provider will determine screening frequency.	If at risk, two screenings between ages 12-16. One screening between ages 17-21. <i>Note:</i> Your child's health care provider will determine screening frequency.
	Risk factors include family history of early coronary heart disease or parental history of high cholesterol, diabetes, hypertension, BMI greater or equal to the 95th percentile for age, or smoking.		
Cervical screening (females)	Not nationally recommended for this age group.		
Sexually transmitted disease screening	Not nationally recommended for this age group.	Not nationally recommended for this age group.	Discuss prevention and screening as appropriate.
Depression/suicide risk	Discuss with your child's health care provider.		

*Your health care provider may suggest alternative tests/screenings to those listed. Wellness guidelines are constantly changing, and these guidelines were current at the time of publishing. Please discuss your individual needs and the recommended wellness guidelines with your health care provider. For coverage information and questions, please contact Customer Service at 1-800-ASK-BLUE. Please refer to your health benefits contract for complete details of terms, limitations, and exclusions of your health care coverage.

† Pregnant members, please call 1-800-598-BABY (2229) for information about enrolling in our Baby BluePrints® program and to find out how to get information on screenings specific to pregnancy.

‡ If you do not have Internet access, contact the Centers for Disease Control and Prevention (CDC) at 1-800-CDC-INFO (1-800-232-4636) to request a copy of the immunization schedules. You can also obtain a copy of immunization schedules from your health care provider.

Recommendations^{*†}

18 years and older

	18 – 39 years	40 and older
Well check-up and physical exam	<p>Every 2 years.</p> <p>Includes height, weight, BMI, blood pressure.[§]</p> <p>Discuss tobacco, alcohol/drug use, and environmental/occupational risk factors.</p> <p>Vision screening age 18. Persons with certain health conditions may need additional screening. Discuss frequency of screening with health care provider.</p>	<p>Every 2 years to age 65, then annually.</p> <p>Includes height, weight, BMI, blood pressure.</p> <p>Discuss tobacco, alcohol/drug use, environmental/occupational risk factors, and cognitive function; discuss need for hearing screening with your health care provider.</p> <p>Comprehensive vision screening every 2-4 years age 40-64, every 1-2 years age 65 and older. Persons at risk should discuss frequency of screening with health care provider.</p>
	Discuss counseling for nutrition and healthy weight management if BMI is 25 or higher.	
Immunizations	<p>Check with your health care provider that all immunizations are up to date. For immunization schedules visit www.cdc.gov/vaccines/schedules/.[‡]</p>	
Diabetes screening	If at risk, every 3 years or as recommended by your health care provider.	<p>For ages 40-44, if at risk, every 3 years or as recommended by your health care provider.</p> <p>Every 3 years beginning at age 45.</p>
	<p>Adults at risk are overweight or obese and have at least one additional risk factor including physical inactivity, having a first-degree relative with diabetes, abnormal cholesterol test, high blood pressure, women who had diabetes during pregnancy or have polycystic ovarian syndrome, or being a member of a high-risk ethnic population (African American, Asian American, Latino, Native American, Pacific Islander).</p>	
Cholesterol test (fasting) (total cholesterol, low-density lipoprotein [LDL], high-density lipoprotein [HDL], and triglycerides)	One screening between ages 17-21, then every 5 years.	Every 5 years.

*Your health care provider may suggest alternative tests/screenings to those listed. Wellness guidelines are constantly changing, and these guidelines were current at the time of publishing. Please discuss your individual needs and the recommended wellness guidelines with your health care provider. For coverage information and questions, please contact Customer Service at 1-800-ASK-BLUE. Please refer to your health benefits contract for complete details of terms, limitations, and exclusions of your health care coverage.

† Pregnant members, please call 1-800-598-BABY (2229) for information about enrolling in our Baby BluePrints® program and to find out how to get information on screenings specific to pregnancy.

§ American Academy of Pediatrics recommends the following guidelines for ages 18 - 20 years: annual height, weight, BMI, immunizations, developmental screening, psychosocial and behavioral assessment, vision (age 18), and hearing (age 18).

‡ If you do not have Internet access, contact the Centers for Disease Control and Prevention (CDC) at 1-800-CDC-INFO (1-800-232-4636) to request a copy of the immunization schedules. You can also obtain a copy of immunization schedules from your health care provider.

Recommendations*†

18 years and older

	18 – 39 years	40 and older
Colorectal cancer screening	Discuss screening with your health care provider if you have a family history of colorectal cancer or polyps, or you have a history of inflammatory bowel disease.	<p>Starting at age 50. Frequency dependent upon screening provided. Discuss with your health care provider which screening would be best for you, options include:</p> <ul style="list-style-type: none"> • colonoscopy • flexible sigmoidoscopy [†] • computed tomography (CT)[†] • fecal occult blood test[†] # <p>Discuss early screening with your health care provider if you are African American, have a family history of colorectal cancer or polyps, or you have a history of inflammatory bowel disease.</p> <p>Once you reach age 75, discuss with your health care provider when to stop colorectal cancer screening.</p> <p>[†]Colonoscopy should be done if results are positive.</p> <p>[#]Stool tests are less likely to find polyps compared to the other tests listed above; therefore, colonoscopy, flexible sigmoidoscopy, or computed tomography (CT) colonography are preferred testing methods for colorectal cancer screening.</p>
Prostate cancer screening (males)	Not nationally recommended for this age group.	<p>Starting at age 50, discuss the potential benefits and limitations of prostate screening with your health care provider; if at high risk (African American men and men with a first-degree relative with prostate cancer diagnosed before age 65), discuss at age 45; if more than one first-degree relative was diagnosed with prostate cancer, discussion can begin at age 40.</p> <p>Men age 75 and older should discuss with their health care provider when to stop prostate cancer screening.</p>
Abdominal aortic aneurysm (AAA) screening	Not nationally recommended for this age group.	Once for men ages 65 or older, or women age 65 or older with a family history of AAA or who have smoked. For men with a family history of AAA, screening at age 55 is appropriate.
Breast cancer screening (females)	Annual clinical breast exam.	Annual mammogram and clinical breast exam. Women with risk factors or history of breast cancer should discuss frequency of screening with with your health care provider.

*Your health care provider may suggest alternative tests/screenings to those listed. Wellness guidelines are constantly changing, and these guidelines were current at the time of publishing. Please discuss your individual needs and the recommended wellness guidelines with your health care provider. For coverage information and questions, please contact Customer Service at 1-800-ASK-BLUE. Please refer to your health benefits contract for complete details of terms, limitations, and exclusions of your health care coverage.

†Pregnant members, please call 1-800-598-BABY (2229) for information about enrolling in our Baby BluePrints® program and to find out how to get information on screenings specific to pregnancy.

Recommendations*†

18 years and older

	18 – 39 years	40 and older
Pelvic exam and cervical cancer screening (Pap test)	<p>Annual pelvic exam (for assessment of female organs including uterus, ovaries, and pelvis).</p> <p>Cervical cancer screening: Ages 21-29: Pap test without HPV testing age 21 and then every three years.</p> <p>Ages 30-39: Pap test every 3 years; an alternative would be Pap test with an HPV screening (discuss frequency with your health care provider).</p> <p>Women with certain risk factors may require more frequent Pap tests.</p> <p><i>Note:</i> Women who have had a hysterectomy should discuss continued pelvic exams and cervical cancer screening with their health care provider.</p>	<p>Ages 40-65: Annual pelvic exam (for assessment of female organs including uterus, ovaries, and pelvis).</p> <p>Cervical Cancer Screening: Pap test every 3 years; an alternative would be Pap test with an HPV screening (discuss frequency with your health care provider).</p> <p>Women with certain risk factors may require more frequent Pap tests.</p> <p>Women older than age 65 should discuss with their health care provider when to stop pelvic exams and cervical cancer screening.</p> <p><i>Note:</i> Women who have had a hysterectomy should discuss continued pelvic exams and cervical cancer screening with their health care provider.</p>
Osteoporosis screening	Not nationally recommended for this age group.	<p>Females: begin screening at age 65. Risk assessment for post menopausal females with bone marrow density (BMD) testing if risk equal to that of females age 65.</p> <p>Males: starting at age 70, discuss risk factors and osteoporosis screening with your health care provider.</p>
Sexually transmitted disease screening	Discuss prevention and screening with your health care provider.	
HIV screening	Discuss prevention and screening with your health care provider.	
Depression/ suicide risk	Discuss with your health care provider.	

*Your health care provider may suggest alternative tests/screenings to those listed. Wellness guidelines are constantly changing, and these guidelines were current at the time of publishing. Please discuss your individual needs and the recommended wellness guidelines with your health care provider. For coverage information and questions, please contact Customer Service at 1-800-ASK-BLUE. Please refer to your health benefits contract for complete details of terms, limitations, and exclusions of your health care coverage.

†Pregnant members, please call 1-800-598-BABY (2229) for information about enrolling in our Baby BluePrints® program and to find out how to get information on screenings specific to pregnancy.

Resources

Information in this booklet is based on the following sources:

- Advisory Committee on Immunization Practices, www.cdc.gov/vaccines/schedules/
- American Academy of Pediatrics, www.aap.org
- American Cancer Society, www.cancer.org
- American College of Obstetricians and Gynecologists, www.acog.org
- American College of Physicians, www.acponline.org
- American Diabetes Association, www.diabetes.org
- American Heart Association, www.heart.org
- American Academy of Ophthalmology, www.aao.org
- Centers for Disease Control and Prevention, Body Mass Index (BMI), www.cdc.gov/nccdphp/dnpa/bmi
- National Heart, Lung, and Blood Institute, www.nhlbi.nih.gov
- National Osteoporosis Foundation, www.nof.org
- Society for Vascular Surgery, www.vascularweb.org
- Specialty Consultant Review
- U.S. Preventive Services Task Force, www.ahrq.gov/clinic/uspstfix.htm

Additional resources:

- For pregnant members:
Please call 1-800-598-BABY (2229) for more information about enrolling in our Baby BluePrints® program and to find out how to get more information on screenings specific to pregnancy. As soon as you think you are pregnant, schedule your first prenatal appointment. An initial exam should be done within three months of pregnancy with follow-up examinations as recommended by your health care provider.



Wellness guidelines*†

Tips to stay healthy and safe:

- Adhere to a healthy diet and maintain a healthy weight.
- All women who are planning to or are capable of becoming pregnant should take 400 – 800 mcg of folic acid daily.
- Practice regular physical activity as recommended by your health care provider.
- Follow good oral hygiene, including tooth brushing with fluoride toothpaste, flossing daily, and regular dentist visits.
- Avoid illegal drug use, tobacco use, and excessive alcohol use.
- Adopt sensible sun protection/safety practices.
- Use appropriate protective/safety practices and gear when engaged in recreational activities.
- Practice regular use of seat belts, car seats, and air bags as appropriate.
- Store firearms, matches, medications, and toxic chemicals safely.
- Keep the number for poison control handy (1-800-222-1222).
- Properly install, test, and maintain smoke/carbon monoxide detectors.
- Use flame-retardant sleepwear for all children; maintain proper sleep environment/position for infants.
- Evaluate your home for risk of falls and other injuries, especially if there are young children and/or older individuals in the home.
- Keep your hot water heater at a temperature less than 120 degrees.



Topics to discuss with your health care provider

Make the most of each visit with your or your child's health care provider. Bring a list of topics to discuss. We suggest the following:

- Discuss any individual or family health history that may affect your current health status.
- Review any screening results such as blood pressure, height, weight, body mass index (BMI), and cholesterol.
- Review taking medication safely and correctly; routinely review usage/dosage of medications, including over-the-counter and oral supplements such as herbals, vitamins, and minerals.
- Check that all age-appropriate immunizations are up to date, including flu, pneumococcal, and tetanus vaccinations (see specific immunization schedules: www.cdc.gov/vaccines/schedules/ *).
- Discuss feelings of sadness and/or depression.
- Review your risk of violence, signs of abuse, and risk of neglect.
- Review sleeping concerns and ways to reduce stress.
- Review dental health for infants and children, including how to prevent baby bottle tooth decay and the need for fluoride supplements.
- If sexually active, discuss birth control options, family planning, and ways to prevent sexually transmitted diseases.
- For men ages 45 to 79 and women ages 55 to 79, review if aspirin is recommended for the prevention of heart disease.
- Review need for diabetes, vision, glaucoma, and bone density screenings.
- Females: Ask about the benefits and limitations of breast self-exam.
- Females: Ask about managing menopausal signs and symptoms and available treatment options.

*Your health care provider may suggest alternative tests/screenings to those listed. Wellness guidelines are constantly changing, and these guidelines were current at the time of publishing. Please discuss your individual needs and the recommended wellness guidelines with your health care provider. For coverage information and questions, please contact Customer Service at 1-800-ASK-BLUE. Please refer to your health benefits contract for complete details of terms, limitations, and exclusions of your health care coverage.

†Pregnant members, please call 1-800-598-BABY (2229) for more information about enrolling in our Baby BluePrints® program and to find out how to get more information on screenings specific to pregnancy.

*If you do not have Internet access, contact the Centers for Disease Control and Prevention (CDC) at 800-CDC-INFO (800-232-4636) to request a copy of the immunization schedules. You can also obtain a copy of immunization schedules from your health care provider.

Health record

Name _____ Telephone # _____

My doctors:

Primary Care Physician _____ Telephone # _____

Specialist _____ Type _____ Telephone # _____

Specialist _____ Type _____ Telephone # _____

Specialist _____ Type _____ Telephone # _____

My medications:

Name	Dose	When	For (stomach, heart, etc.)	Prescribed by

Allergies _____

My immunizations (date and location received*):

Flu _____ Pneumonia _____

Tdap (tetanus, diphtheria and pertussis) _____ Other _____

The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine yearly for anyone 6 months of age and older. The CDC recommends the pneumonia vaccine for all children age 6 and under, ages 65 and older, and ages 7 – 64 who are at increased risk for pneumonia. (Discuss health risks with your health care provider.)¹

* Many local clinics, health centers, pharmacies, community services, and other organizations provide health services such as the flu vaccine, so it is important that you document where you received your immunization.

¹ www.cdc.gov/vaccines

Health record

Name _____ Telephone # _____

My doctors:

Primary Care Physician _____ Telephone # _____

Specialist _____ Type _____ Telephone # _____

Specialist _____ Type _____ Telephone # _____

Specialist _____ Type _____ Telephone # _____

My medications:

Name	Dose	When	For (stomach, heart, etc.)	Prescribed by

Allergies _____

My immunizations (date and location received*):

Flu _____ Pneumonia _____

Tdap (tetanus, diphtheria and pertussis) _____ Other _____

The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine yearly for anyone 6 months of age and older. The CDC recommends the pneumonia vaccine for all children age 6 and under, ages 65 and older, and ages 7 – 64 who are at increased risk for pneumonia. (Discuss health risks with your health care provider.)¹

* Many local clinics, health centers, pharmacies, community services, and other organizations provide health services such as the flu vaccine, so it is important that you document where you received your immunization.

¹ www.cdc.gov/vaccines

Wellness guidelines for all ages

As a member of Independence Blue Cross, you have access to a wide variety of resources to help keep you and your family in the best of health.

We hope you take advantage of the many services available to you through our Healthy LifestylesSM programs.



For more information on our Healthy LifestylesSM programs:

Please visit our website at www.ibxpress.com or call the Health Resource Center at 1-800-ASK-BLUE or 1-215-241-3367, TTY/TDD: 1-888-857-4816, Monday through Friday, 8 a.m. to 6 p.m. ET.



ibx.com