

ADULT WELLNESS GUIDELINES

Making Preventive Care a Priority

| SCREENINGS | |
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| 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, as should adults ages 20 to 39 who have a risk for coronary heart disease. Talk with your doctor about when and how often you should be screened. |
| COLON CANCER SCREENING | Adults ages 45 to 75 should be screened for colorectal cancer. The tests can be administered in many ways, including through a colonoscopy. Your health care provider* can let you know what type of screening he or she recommends for you. |
| DIABETES SCREENING | Those with high blood pressure should be screened. If you are overweight or have cardiovascular risk factors, you 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 (e.g., persons who inject drugs) should be screened periodically, as should those 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*. |

| IMMUNIZATIONS (VACCINES) | |
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| TETANUS DIPHTHERIA PERTUSSIS (TD/TDAP) | Get Tdap vaccine once, then a Td booster every 10 years. |
| INFLUENZA (FLU) | Yearly |
| HUMAN PAPILLOMAVIRUS (HPV) | Women: 2 or 3 doses depending on age at time of initial vaccination. Ages 18-26 if you did not get the vaccine as a teen. Men: 2 or 3 doses depending on age at time of initial vaccination. Ages 19-21 if you did not get the vaccine as a teen.** |
| HERPES ZOSTER (SHINGLES) | There are two types of vaccines. One, called RZV, requires 2 doses starting at age 50. The other vaccine, called ZVL, requires 1 dose at age 60 or older. Discuss your options with your health care provider*. |
| VARICELLA (CHICKEN POX) | 2 doses if you have no evidence of immunity. |
| PNEUMOCOCCAL (PNEUMONIA) | Ages 65 and over, 1 dose of PCV 13 and one dose of PCV 23 at least 1 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 doctor or pharmacist about the COVID-19 vaccine and when you should get it. |

ADULT HEALTH - FOR AGES 18 AND OVER

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

- eating a healthy diet,
- getting regular exercise,
- not using tobacco,
- limiting alcohol use and
- striving for a healthy weight.

For information about covered preventive care services, visit www.healthselectoftexas.com

OR

Call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**

Monday-Friday, 7 a.m. - 7 p.m.

Saturday, 7 a.m. - 3 p.m. CT

* 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. This includes following a healthy lifestyle and getting recommended preventive care services. If you follow a game plan for better overall health, you will be more likely to win at wellness.

In addition to the services listed in the Screenings and Immunization charts, you should also discuss the following recommendations with your doctor.

WOMEN'S RECOMMENDATIONS

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| MAMMOGRAM | At least every 2 years for women ages 50-74 Ages 40-49 should discuss the risks and benefits of screening with their health care provider |
| CERVICAL CANCER SCREENING (PAP TEST) | Women ages 21 to 65: get a Pap test every 3 years. Another option for those ages 30 to 65: Pap test with HPV test every 5 years. If you have had a hysterectomy or are over age 65, you 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 | Those ages 50-59 should talk with their provider about low-dose aspirin use to prevent cardiovascular disease and colorectal cancer. |

MEN'S RECOMMENDATIONS

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|----------------------------------|---|
| PROSTATE CANCER SCREENING | Discuss the benefits and risks of screening with your doctor. |
| ABDOMINAL AORTIC ANEURYSM | Have an ultrasound once between the ages of 65 and 75 if you have ever smoked. |
| LOW-DOSE ASPIRIN USE | If you are in the 50-59 age range, talk with your doctor about low-dose aspirin use for the prevention of cardiovascular disease and colorectal cancer. |

TALK WITH YOUR PROVIDER

Ask about nutrition and exercise, losing weight and stopping tobacco use. 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 and
- preventing falls, especially if you are 65 or 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.

Under the Affordable Care Act, certain preventive health services are paid at 100% (at no cost to the participant) depending upon physician billing and diagnosis. In some cases, you may be responsible for payment on certain related services that are not guaranteed payment at 100% by the Affordable Care Act. For questions, please call a Blue Cross and Blue Shield of Texas (BCBSTX) Personal Health Assistant at (800) 252-8039.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas[®] and Consumer Directed HealthSelectSM.

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Learn more! Additional sources of health information include:

- www.cancer.org/healthy/index
- www.cdc.gov/healthyliving/

www.healthselectoftexas.com