

# Make healthy prevention a part of your day!

## Preventive care guidelines

Recommended wellness screenings to help you and your family stay healthy

Have you received a preventive screening lately? Everyone benefits from these periodic glimpses into your health. Your age, sex, health status, family history — even your lifestyle choices — play a big part in what types of screenings you need, and when. The following tables provide schedules of preventive care guidelines that are recommended for healthy adults and children by leading health authorities. Talk with your doctor about these guidelines to determine what is appropriate for you and your family members' individual needs.

### ADULT PREVENTIVE CARE TIMELINE

#### Ages 19 to 39 Years

SCREENING TESTS*	RECOMMENDATIONS
Blood pressure	Periodically - 18 years and older
Height and weight/Body Mass Index (BMI)	Periodically - 18 years and older
Cholesterol	Every 5 years - Men 35 years and older
Pap Test***	Every 1-2 years -if 30 years and older, either a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative; Talk with your physician to discuss the method of screening that is right for you.
Chlamydia	Annually - 25 years and younger and sexually active
Rubella titer or vaccination history <sup>1</sup>	Women of childbearing age
Depression	Routinely - 18 years and older
Alcohol misuse screening and behavioral health counseling	Routinely - 18 years and older

IMMUNIZATIONS**	RECOMMENDATIONS
Immunization schedules often change. The most current recommendations for immunizations may be found on the Centers for Disease Control website at <a href="http://www.cdc.gov/nip">www.cdc.gov/nip</a> .	
Tetanus-Diphtheria (Td)	Every 10 years

#### Ages 40 to 64 Years

SCREENING TESTS*	RECOMMENDATIONS
Blood pressure	Periodically - 18 years and older
Height and weight/Body Mass Index (BMI)	Periodically - 18 years and older
Cholesterol	Every 5 years - Women 45 years and older Every 5 years - Men 35 years and older
Rubella titer or vaccination history <sup>1</sup>	Women of childbearing age
Mammogram	Every 1-2 years-40 years and older
Pap Test***	Every 2-3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative; Talk with your physician to discuss the method of screening that is right for you.
Prostate***	Annually - Starting at age 50, both the prostate-specific antigen (PSA) blood test <sup>2</sup> and digital rectal examination (DRE) should be offered. Talk with your physician to discuss if screening is right for you.
Colorectal***	Beginning at age 50, yearly stool blood test (FOBT), OR flexible sigmoidoscopy every 5 years, OR yearly stool blood test plus flexible sigmoidoscopy every 5 years, OR double contrast barium enema every 5 years, OR colonoscopy every 10 years. Talk with your physician to discuss the method of screening that is right for you.
Depression	Routinely - 18 years and older
Alcohol misuse screening and behavioral health counseling	Routinely - 18 years and older

IMMUNIZATIONS**	RECOMMENDATIONS
Immunization schedules often change. The most current recommendations for immunizations may be found on the Centers for Disease Control website at <a href="http://www.cdc.gov/nip">www.cdc.gov/nip</a> .	
Tetanus-Diphtheria (Td)	Every 10 years
Influenza	Annually - 50 years and older

#### Ages 65 and Over

SCREENING TESTS*	RECOMMENDATIONS
Blood pressure	Periodically - 18 years and older
Height and weight/Body Mass Index (BMI)	Periodically - 18 years and older
Cholesterol	Every 5 years - Women 45 years and older Every 5 years - Men 35 years and older
Mammogram	Every 1-2 years - 40 years and older
Pap Test***	Every 2-3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative; Women 70 years and older, may stop screening. Talk with your physician to discuss the method of screening that is right for you.
Colorectal***	Beginning at age 50, yearly stool blood test (FOBT), OR flexible sigmoidoscopy every 5 years, OR yearly stool blood test plus flexible sigmoidoscopy every 5 years, OR double contrast barium enema every 5 years, OR colonoscopy every 10 years. Talk with your physician to discuss the method of screening that is right for you.
Prostate***	Annually - Starting at age 50, both the prostate-specific antigen (PSA) blood test <sup>2</sup> and digital rectal examination (DRE) should be offered. Talk with your physician to discuss if screening is right for you.
Osteoporosis (Bone Density Test)	Routinely - Women 65 years and older
Depression	Routinely - 18 years and older
Alcohol misuse screening and behavioral health counseling	Routinely - 18 years and older

IMMUNIZATIONS**	RECOMMENDATIONS
Influenza	Annually - 50 years and older
Pneumococcal	1 Dose - 65 years and older
Tetanus-Diphtheria (Td)	Every 10 years

Important: Coverage for services related to the preventive care guidelines may vary by health benefits plan. Please check your benefits descriptions for details.

\* Based on the recommendations of the U.S. Preventive Services Task Force (USPSTF), as they appear in the Guide to Clinical Preventive Services: Report of the U.S. Preventive Services Task Force, 2nd ed. (1996) and the Guide to Clinical Preventive Services, 3rd ed. (2001-2005)

\*\* Based on the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) 2005 - 2006 Adult Immunization Schedule

\*\*\* Based on the cervical cancer screening, prostate cancer screening, and double contrast and colonoscopy colorectal cancer screening recommendations of the American Cancer Society (ACS)

<sup>1</sup> Rubella titer, documented vaccination history and routine vaccination against rubella are equally acceptable alternatives.

<sup>2</sup> Some controversy exists as to the value of the PSA in most populations.

Note: While this information is believed to be accurate as of 2/1/06, recommendations change. For the most up to date recommendations, visit the USPSTF at [www.ahrq.gov/clinic/uspstf/uspstf.htm](http://www.ahrq.gov/clinic/uspstf/uspstf.htm), the ACS at

Make a date with prevention today — for a lifetime of healthy tomorrows.

Have you received a preventive screening lately? Everyone benefits from these periodic glimpses into your health. Your age, sex, health status, family history — even your lifestyle choices — play a big part in what types of screenings you need, and when. The following tables provide schedules of preventive care guidelines that are recommended for healthy adults and children by leading health authorities. Talk with your doctor about these guidelines to determine what is appropriate for you and your family members' individual needs.

## CHILD PREVENTIVE CARE TIMELINE

### Birth to Age 6

SCREENING TESTS*	RECOMMENDATIONS	IMMUNIZATIONS**	RECOMMENDATIONS
Newborn Screening (PKU, sickle cell Hemoglobinopathies, hypothyroidism)	Once - Newborns	Immunization schedules often change. The most current recommendations for immunizations may be found on the Centers for Disease Control website at <a href="http://www.cdc.gov/nip">www.cdc.gov/nip</a> .	
Head Circumference	Periodically - between birth and 2 months old	Hepatitis A	2 Doses - 1 dose between age 12-23 months; 1 dose at least 6 months later
Height and weight	At each well-child visit for infants and then at least annually	Hepatitis B	3-4 Doses - 1 dose at birth; 1 dose 1-2 months later; 1 dose at 4 months* and 1 dose between 24 weeks-18 months
Vision	Periodically - Younger than 5 years old	Diphtheria-Tetanus-Pertussis (DTaP)	5 Doses - 1 dose at age 2, 4, and 6 months; 1 dose between 15-18 months; and 1 dose between 4-6 years old
		Polio (IPV)	4 Doses - 1 dose at age 2 and 4 months; 1 dose between 6-18 months; and 1 dose between 4-6 years old
		H. Influenzae type b (Hib)	3-4 Doses - 1 dose at age 2, 4, and 6 months*; 1 dose between 12-15 months
		Pneumococcal Conjugate	4 Doses - 1 dose at age 2, 4, and 6 months; 1 dose between 12-15 months
		Measles-Mumps-Rubella (MMR)	2 Doses - 1 dose between 12-15 months and 1 dose between 4-6 years old
		Chicken pox (Varicella)	1 Dose - 1 dose between 12-18 months; or any child after the first year without history of chicken pox or previous immunization
		Influenza**	Annually - Between 6-23 months

### Ages 7 to 12 Years

SCREENING TESTS*	RECOMMENDATIONS	IMMUNIZATIONS**	RECOMMENDATIONS
Height and weight	Periodically	Immunization schedules often change. The most current recommendations for immunizations may be found on the Centers for Disease Control website at <a href="http://www.cdc.gov/nip">www.cdc.gov/nip</a> .	
		Measles-Mumps-Rubella (MMR)	1 Dose - Second of 2-dose series between 11-12 years if not previously given between 4-6 years old
		Chicken pox (Varicella)	1 Dose - 1 dose at any time if child has not been previously immunized and does not have a history of chicken pox
		Booster tetanus-diphtheria and pertussis (Tdap)	1 Dose - 1 dose between 11-12 years old
		Meningococcal	1 Dose - 1 dose between 11-12 years old

### Ages 13 to 18 Years

SCREENING TESTS*	RECOMMENDATIONS	IMMUNIZATIONS**	RECOMMENDATIONS
Blood pressure	Periodically - 18 years and older	Immunization schedules often change. The most current recommendations for immunizations may be found on the Centers for Disease Control website at <a href="http://www.cdc.gov/nip">www.cdc.gov/nip</a> .	
Height and weight/Body Mass Index (BMI)	Periodically - 18 years and older	Meningococcal	1 Dose - 1 dose at the start of high school or the start of college if not given between 11-12 years old
Depression	Routinely - 18 years and older	Booster tetanus-diphtheria and pertussis (Tdap)	1 Dose - 1 dose if not given between 11-12 years old and/or if already received the Td booster
Alcohol misuse screening and behavioral health counseling	Routinely - 18 years and older	Important: Coverage for services related to the preventive care guidelines may vary by health benefits plan. Please check your benefits descriptions for details.	
Chlamydia	If sexually active	* Based on the recommendations of the U.S. Preventive Services Task Force (USPSTF), as they appear in the Guide to Clinical Preventive Services: Report of the U.S. Preventive Services Task Force, 2nd ed. (1996) and the Guide to Clinical Preventive Services, 3rd ed. (2001-2005)	
Pap test***	Every 1-2 years— Beginning at age 21 or earlier if sexually active; Talk with your physician to discuss the method of screening that is right for you.	** Based on the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) 2006 Child Immunization Schedule	
Rubella titer or vaccination history <sup>1</sup>	For women of childbearing age	*** Based on the cervical cancer screening recommendations of the American Cancer Society (ACS)	
		+ Dependent on immunization type	
		++ Household/close contacts and out-of-home caregivers of children ages 0-23 months should also receive the influenza immunization.	
		<sup>1</sup> Rubella titer, documented vaccination history and routine vaccination against rubella are equally acceptable alternatives.	

Note: While this information is believed to be accurate as of 2/1/06, recommendations change. For the most up to date recommendations, visit the USPSTF at [www.ahrq.gov/clinic/uspstf/uspstf.htm](http://www.ahrq.gov/clinic/uspstf/uspstf.htm), the ACS at [www.cancer.org](http://www.cancer.org) and the CDC at [www.cdc.gov](http://www.cdc.gov).

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

