

# Learn About Health Net's Preventive Screening Guidelines

USE THESE GUIDELINES TO HELP KEEP YOU AND YOUR FAMILY HEALTHY







*Stay up to date with your health and the health of your family. Use this guide to remind you to schedule well-care visits with your family doctor. Note that the guidelines are refreshed often, and may change. Therefore, you should always follow the care and advice of your doctor.*

*Also note this information is **not medical advice**. And, it does not show exact benefit coverage. Please check your plan's benefit language for coverage, limits and exclusions.*

## **Reach for your total health and wellness**

If you'd like more information about our wellness programs, or more detailed guidelines, visit [www.healthnet.com](http://www.healthnet.com) and click *Wellness Center*.

Get information on our wellness programs via phone and online. You'll find Information and resources available for:

- Weight loss
- Healthy eating
- Quitting tobacco products
- How to manage stress
- How to manage exercise
- How to manage your condition



## Recommended (highly advised) vaccines (shots)

Schedule for persons aged 0 through 6 years<sup>1,2</sup>

Vaccine	At birth	Age (in months)										Age (in years)			
		1	2	4	6	9	12	15	18	19-23	2-3	4	5	6	
Hepatitis B (HepB)	✓	✓		Catch up if needed		✓						Catch up if needed			
Rotavirus (RV)			✓	✓	✓										
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓	Catch up if needed		✓		Catch up if needed		✓			
Haemophilus influenzae type b (Hib)			✓	✓	✓	Catch up if needed	✓	Catch up if needed			High-risk groups				
Pneumococcal			✓	✓	✓	Catch up if needed	✓	Catch up if needed			High-risk groups				
Inactivated poliovirus (IPV)			✓	✓		✓			Catch up if needed		✓				
Influenza (flu)						✓ Yearly									
Measles, mumps, rubella (MMR)					High-risk groups		✓	Catch up if needed		✓					
Varicella (VAR)							✓	Catch up if needed		✓					
Hepatitis A (HepA)							✓ 2 doses			✓ Per your doctor's advice; high-risk groups					
Meningococcal			✓ High-risk groups												

**Catch up if needed:** If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

**High-risk groups:** Check with your doctor to see if you need this shot.



## Recommended vaccines (shots)

Schedule for persons aged 7 through 18 years<sup>1,2</sup>

Vaccine	Age (in years)		
	7-10	11-12	13-18
Tetanus, diphtheria, pertussis (Tdap)	Catch up if needed	✓ 1 dose	Catch up if needed
Human papillomavirus (HPV)	HPV vaccination can be started from age 9		Catch up if needed
Influenza (flu)	✓ Yearly		
Pneumococcal	High-risk groups		
Hepatitis A (HepA)	Per your doctor's advice; high-risk groups		
Hepatitis B (HepB)	Catch up if needed		
Inactivated poliovirus (IPV)	Catch up if needed		
Measles, mumps, rubella (MMR)	Catch up if needed		
Varicella (VAR)	Catch up if needed		
Haemophilus influenzae type b (Hib)	High-risk groups		
Meningococcal	High-risk groups	✓ 1 dose	✓ Catch-up if needed booster at age 16
Meningococcal B	High-risk groups, ages 10-18 years		

**Catch up if needed:** If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

**High-risk groups:** Check with your doctor to see if you need this shot.





## Recommended screenings (tests)

Schedule for persons aged 0 through 18 years<sup>1,2,3</sup>

Service	Age (in months)						Age (in years)		
	Birth–6	9	12	15	18	19–36	3–10	11–12	13–18
Routine health exam	At birth, 3–5 days, and at 1, 2, 4, and 6 months	Every 3 months				Every 6 months	Every year		
Lead testing	Starting at 6 months, check during routine health exams. Test at 12 months and 24 months or per your doctor’s advice								
Dental visit		Every 6–12 months, or as your dentist suggests							
		First dental visit within six months of baby’s first tooth, no later than the first birthday							
Blood test	Once between 0–2 months	Every 6–12 months, or per your doctor’s advice							
Body mass index (BMI)						Starting at age 2, check BMI during routine health exam			



## Recommended vaccines (shots)

Schedule for adults<sup>1,2</sup>

Vaccine	Age (in years)				
	19–26	27–49	50–59	60–64	65 and over
Tetanus, diphtheria, pertussis (Td/Tdap)	✓ 1 dose Tdap, then boost with Td every 10 years				
Human papillomavirus (HPV)	✓ Per your doctor’s advice	If high risk or per your doctor’s advice			
Varicella (VAR)	✓ 2 doses				
Zoster			✓ 2 doses RZV starting at age 50 or 1 dose ZVL starting at age 60		
Measles, mumps, rubella (MMR)	✓ 1 or 2 doses or per your doctor’s advice				
Influenza (flu)	✓ Every year				
Pneumococcal (PPSV 23 or PCV 13)	If high risk or per your doctor’s advice				✓ 1 dose
Hepatitis A (HepA)	2 or 3 doses if high risk or per your doctor’s advice				
Hepatitis B (HepB)	3 doses if high risk or per your doctor’s advice				
Haemophilus influenzae type b (Hib)	1 or 3 doses if high risk or per your doctor’s advice				
Meningococcal	1 or more doses if high risk or per your doctor’s advice				
Meningococcal B	2 or 3 doses if high risk or per your doctor’s advice				

**High-risk groups:** Check with your doctor to see if you need this shot.



## Recommended health screenings (tests)

*Schedule for adults<sup>1,2,4</sup>*

Service	Age (in years)		
	19–39	40–64	65 and over
Routine health exam	Every year		
Hearing screening to check for hearing loss		Per your doctor’s advice	
Vision screening to check for eye problems	Every 5–10 years	Every 2–4 years for ages 40–54; every 1–3 years for ages 55–64	Every 1–2 years
Aspirin therapy to prevent heart disease		Discuss with your doctor in routine health exam	
Blood pressure to check for high blood pressure	Every 1–2 years		
Body mass index (BMI) to check for obesity	Check during routine health exams		
Cholesterol screening to check for blood fats	Per your doctor’s advice	If at increased risk, check every 5 years starting at age 35 for men and age 45 for women	
Colorectal cancer screening to check for colorectal cancer		For ages 40–45, Per your doctor’s advice. Beginning at age 45, talk to your doctor about how often and what test to be done.	
Glucose screening to check for blood sugar	Check if high risk	Every 3 years or per your doctor’s advice	
Human immunodeficiency virus (HIV)	One-time screening, repeat screening if at high risk		Per your doctor’s advice
Dental	Every 6 months		
Hepatitis C and hepatitis B	Screen if high risk or per your doctor’s advice		
Request for HIV Pre-exposure prophylaxis (PrEP) medication	Discuss with your doctor if high-risk		





## Recommended health screenings (tests)

### Schedule for women<sup>1,2</sup>

Service	Age (in years)		
	19–39	40–64	65 and older
Pelvic exam with Pap test to check for cervical cancer	For sexually active non-pregnant people, starting at age 21, screen every 3 years; starting at age 30, screen every 3–5 years or per your doctor’s advice		Per your doctor’s advice
Mammogram to check for breast cancer	Check every year starting at age 35 if high risk	Every 1–2 years or per your doctor’s advice	
Breast exam by doctor	Every 1–3 years	Every year	
Self breast exam/breast self-awareness to check for breast changes	Monthly		
Screening to check for Chlamydia and/or Gonorrhea, sexually transmitted illnesses (STIs)	Every year through age 24 for sexually active non-pregnant people; every year beginning at age 24 if high risk		
Bone density test to check for bone loss		Screening based on risk	Every 2 years



## Recommended health screenings (tests)

### Schedule for men<sup>1,2</sup>

Service	Age (in years)		
	19–39	40–64	65 and older
Prostate-specific antigen (PSA/DRE) to check for prostate cancer		Per your doctor’s advice	
Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area)			Once, for those ages 65–75 who have ever smoked or have risks
Testicular self-exam	As your doctor suggests		
Screening to check for sexually transmitted illnesses (STIs), such as Chlamydia and/or Gonorrhea	Discuss with your doctor if high-risk		



**English**

No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call us at the number listed on your ID card or call 1-800-522-0088 (TTY: 711).

**Arabic**

خدمات اللغة مجانية. يمكنك الحصول على مترجم فوري. ويمكنك الحصول على وثائق مقروءة لك. للحصول على المساعدة، اتصل بنا على الرقم الموجود على بطاقة الهوية، أو اتصل على مركز الاتصال التجاري (TTY: 711) 1-800-522-0088

**Armenian**

Անվճար լեզվական ծառայություններ: Դուք կարող եք բանավոր թարգմանիչ ստանալ: Փաստաթղթերը կարող են կարդալ ձեզ համար: Օգնության համար զանգահարեք մեզ ձեր ID քարտի վրա նշված հեռախոսահամարով կամ զանգահարեք 1-800-522-0088 (TTY: 711).

**Chinese**

免費語言服務。您可使用口譯員。您可請人使用您的語言將文件內容唸給您聽，並請我們將有您語言版本的部分文件寄給您。如需協助，請致電您會員卡上所列的電話號碼與我們聯絡，或致電 1-800-522-0088 (TTY: 711)。

**Hindi**

बनिा लागत की भाषा सेवाएँ। आप एक दुभाषिया प्राप्त कर सकते हैं। आपको दस्तावेज पढ़ कर सुनाए जा सकते हैं। मदद के लिए, आपके आईडी कार्ड पर दिए गए सूचीबद्ध नंबर पर हमें कॉल करें, या 1-800-522-0088 (TTY: 711)।

**Hmong**

Kev Pab Txhais Lus Dawb. Koj xav tau neeg txhais lus los tau. Koj xav tau neeg nyeem cov ntaub ntawv kom yog koj hom lus los tau. Xav tau kev pab, hu peb tau rau tus xov tooj ntawm koj daim npav los yog hu 1-800-522-0088 (TTY: 711).

**Japanese**

無料の言語サービス。通訳をご利用いただけます。文書をお読みします。援助が必要な場合は、IDカードに記載されている番号までお電話いただくか、1-800-522-0088 (TTY: 711)。

**Khmer**

សេវាកម្មសេរីយ៍ឥតគិតថ្លៃ។ អ្នកអាចទទួលបានអ្នកបកប្រែផ្ទាល់មាត់។ អ្នកអាចស្តាប់គេអានឯកសារឱ្យអ្នក។ សម្រាប់ជំនួយ សូម ទាក់ទងយើងខ្ញុំតាមរយៈលេខទូរសព្ទដែលមាននៅលើកាតសម្គាល់ខ្លួនរបស់អ្នក ឬ ទាក់ទងទៅមជ្ឈមណ្ឌលទំនាក់ទំនងពាណិជ្ជកម្ម នៃក្រុមហ៊ុន 1-800-522-0088 (TTY: 711)។

**Korean**

무료 언어 서비스. 통역 서비스를 받을 수 있습니다. 귀하가 구사하는 언어로 문서의 낭독 서비스를 받으실 수 있습니다. 도움이 필요하시면 보험 ID 카드에 수록된 번호로 전화하십시오 1-800-522-0088 (TTY: 711).

**Navajo**

Saad Bee Áká E'eyeed T'áá Jíik'e. Ata' halne'ígíí hólq. T'áá hó hazaad k'ehjí naaltsoos hach'í' wóltah. Shíká a'doowoł nínízingo naaltsoos bee néího'dólzíníí bikáa'gi béesh bee hane'í bikáa' áají' hodíílnih éí doodaii' 1-800-522-0088 (TTY: 711).

**Persian (Farsi)**

خدمات زبان به طور رایگان. می توانید یک مترجم شفاهی بگیرید. می توانید درخواست کنید که اسناد برای شما قرائت شوند. برای دریافت راهنمایی، با ما به شماره ای که روی کارت شناسایی شما درج شده تماس بگیرید یا با مرکز تماس بازرگانی 1-800-522-0088 (TTY: 711).

### Panjabi (Punjabi)

ਬਨਿਾਂ ਕਸਿ ਲਾਗਤ ਤੇ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ। ਤੁਸੀਂ ਇੱਕ ਦੁਭਾਸ਼ਿਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਹਾਨੂੰ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਸਾਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ ਕਰਿਪਾ ਕਰਕੇ 1-800-522-0088 (TTY: 711).

### Russian

Бесплатная помощь переводчиков. Вы можете получить помощь устного переводчика. Вам могут прочитать документы. За помощью обращайтесь к нам по телефону, приведенному на вашей идентификационной карточке участника плана. Кроме того, вы можете позвонить в 1-800-522-0088 (TTY: 711).

### Spanish

Servicios de idiomas sin costo. Puede solicitar un intérprete. Puede obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, llámenos al número que figura en su tarjeta de identificación o comuníquese con el 1-800-522-0088 (TTY: 711).

### Tagalog

Walang Bayad na Mga Serbisyo sa Wika. Makakakuha kayo ng isang interpreter. Makakakuha kayo ng mga dokumento na babasahin sa inyo. Para sa tulong, tawagan kami sa nakalisting numero sa inyong ID card o tawagan ang 1-800-522-0088 (TTY: 711).

### Thai

ไม่มีค่าบริการด้านภาษา คุณสามารถใช้ล่ามได้ คุณสามารถให้อ่านเอกสารให้ฟังได้ สำหรับความช่วยเหลือ โทรหาเราตาม หมายเลขที่ให้ไว้บนบัตรประจำตัวของคุณ หรือ โทรหาศูนย์ติดต่อเชิงพาณิชย์ของ 1-800-522-0088 (TTY: 711)

### Vietnamese

Các Dịch Vụ Ngôn Ngữ Miễn Phí. Quý vị có thể có một phiên dịch viên. Quý vị có thể yêu cầu được đọc cho nghe tài liệu. Để nhận trợ giúp, hãy gọi cho chúng tôi theo số được liệt kê trên thẻ ID của quý vị hoặc gọi 1-800-522-0088 (TTY: 711).



<sup>1</sup>These guidelines may change. Please speak with your doctor.

<sup>2</sup>Your doctor should follow proper series and current guidelines by the Centers for Disease Control and Prevention (CDC). Your doctor should also follow guidelines set by the US Preventive Services Task Force (USPSTF), and American Academy of Pediatrics (AAP).

<sup>3</sup>Routine health exams, counseling and education for children and teens should include gauging the patient's:

- Height
- Weight
- Blood pressure

Exams should also include body mass index (BMI), vision and hearing tests. Counseling and education could include, but are not confined to:

- Birth control/family planning
- Critical congenital heart defect, heart health
- Dental health
- Developmental/behavioral assessment
- Injury/violence prevention
- Mental health
- Nutrition
- Exercise
- Sexually transmitted infections (STIs) and HIV screening
- Substance abuse
- How to quit tobacco use
- Tuberculosis (TB) screening

Routine health exams, counseling and education for children and teens should include gauging the patient's:

- Height
- Weight
- Blood pressure

Exams should also include body mass index (BMI), vision, and hearing tests. Exams can also include tests for depression, and screening for alcohol or drug use.

Recommendations can vary based on history and risk factors. Counseling and education could include:

- Cancer screenings (e.g. lung cancer screening and BRCA risk assessment)
- Birth control/pre-pregnancy
- Dental health
- Drug prevention/Cessation
- Family planning
- Heart health, electrocardiogram (ECG) screening
- Injury/violence prevention
- Maternity planning
- Menopause
- Mental health
- Nutrition
- Exercise
- Sexually transmitted infections (STIs), and/or HIV screening
- Substance abuse
- How to quit tobacco use
- TB screening
- Weight management

<sup>4</sup>Preexposure prophylaxis (PrEP) is medicine and treatment to help prevent HIV. Your Health Net health plan provides HIV PrEP as part of your preventive care benefits. There is no cost-share for PrEP services when you use an in-network provider. Preventive coverage for PrEP linked services includes:

- Provider office and telehealth visits
- Prescriptions and help to manage medication
- HIV testing
- Testing for kidney function
- Testing for hepatitis B and C viruses
- Hepatitis B vaccination
- Testing for other STDs
- Pregnancy testing
- Constant follow-up and tracking every three months
- And more

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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