



SAVE A LIFE ...
YOURS

Blue Cross Blue Shield of Michigan and Blue Care Network members may receive some exams and services at no cost.



Regular checkups, the right screenings and a healthy lifestyle can help you prevent or detect life-threatening chronic conditions such as heart disease, diabetes and cancer.



Blue Cross and BCN cover some preventive services with little or no cost-sharing when you get preventive services in your network.

Before you receive preventive services, make sure you know what's covered by your specific health care plan.



Keep this brochure to help you identify the preventive services you need. Based on age and gender, the charts that follow provide a road map for achieving a healthier life.

This isn't a comprehensive list of services your specific plan covers. Log in to your online member account on bcbsm.com for more information about your benefits.

Depression harms *mind and body.*

You might think your health depends solely on the way you treat your body. But taking care of your mind plays a big part, too.

When you're depressed, your *mind and body* suffer. Depression can cause or worsen chronic illnesses, such as heart disease. Depression can lead you to take part in unhealthy habits such as smoking, drinking, physical inactivity or poor sleep. And depression can make it harder to stay healthy and active as you age.

Depression seldom goes away by itself, but it's treatable. Medication or talk therapy can rid you of this condition.

The first step is recognizing a problem. Signs of depression include:

- Feeling sad or blue
- Having thoughts of guilt, helplessness or hopelessness
- Thinking about dying or killing yourself
- Getting tired more often
- Feeling less interested in other people and your normal activities
- Having trouble sleeping or sleeping too much

If these symptoms linger for two weeks or more, talk with your doctor. Screening tests can show if you have depression. Then you and your doctor can work on a plan together to help you feel better about life.

Schedule your preventive screenings today.

CALL YOUR DOCTOR
TO SCHEDULE AN APPOINTMENT.

IF YOU DON'T HAVE A DOCTOR
FIND ONE AT bcbsm.com/find-a-doctor.

Looking for more information about health and wellness? Visit bcbsm.com.



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* Blue Cross Blue Shield of Michigan does not control this website.



PREVENTIVE
CARE SAVES
LIVES

Get screened.

look inside for
PREVENTIVE CARE
recommendations



RECOMMENDED PREVENTIVE CARE GUIDELINES*

Children BIRTH TO 12 YEARS OLD

	AGE	HOW OFTEN
Well-child exam: Including parental education; nutrition; physical activity counseling; development; injury and poison prevention; sudden infant death syndrome; coping skills; child abuse; dental health; substance abuse screening; secondhand smoke; and height, weight and body mass index	0 to 24 months	11 visits
	2 to 12 years	10 visits (one visit yearly)
Newborn and hearing screening	Birth (after 24 hours)	Once
Developmental screening	At 9, 18 and 30 months	Three times
Lead screening	At 9 and 18 months	Twice, if high risk
Autism screening	18 months	Once
Cholesterol screening	2 years and older	Ask your doctor.
Vision screening	2 to 6 years	Before starting school
	7 to 12 years	Every two years

IMMUNIZATIONS

HPV (human papillomavirus)	Males and females, 9 to 26 years	Three doses
DTaP (diphtheria, tetanus and pertussis)	2, 4 and 6 months	First, second and third dose
	15 to 18 months	Fourth dose
	4 to 6 years	Fifth dose
Rotavirus	2 to 6 months	Complete series
Tdap (tetanus, diphtheria, and pertussis)	11 to 12 years	One dose
Hepatitis A	12 months	First dose
	18 to 24 months	Second dose
Hepatitis B	Birth	First dose
	1 to 2 months	Second dose
	6 to 18 months	Third dose
Polio	2 months	First dose
	4 months	Second dose
	6 to 18 months	Third dose
	4 to 6 years	Fourth dose
HiB-haemophilus	2 to 15 months	Complete series
Flu	6 months to 8 years	Two doses first year, then every year
	After 9 years	Every year
MMR (measles, mumps and rubella)	12 to 15 months	First dose
	4 to 6 years	Second dose
Varicella (chickenpox)	12 to 15 months	First dose
	4 to 6 years	Second dose
Meningococcal	11 to 12 years	One dose
Pneumococcal conjugate (pneumonia)	2 months	First dose
	4 months	Second dose
	6 months	Third dose
	12 to 15 months	Fourth dose

Children AGES 12 AND OLDER

	HOW OFTEN
Well-child exam: parental education; nutrition; physical activity counseling; development; injury and poison prevention; coping skills; substance abuse screening; secondhand smoke; height, weight and body mass index; mental health assessment	Ages 12 to 21: yearly visit
Cholesterol screening	Ask your doctor.
Vision screening	Ages 13 to 21: every three years
Pregnancy prevention and counseling	Every year (earlier if sexually active)
Screening for sexually transmitted infections (such as HIV and chlamydia)	Ages 13 to 21: every year for sexually active males and females
IMMUNIZATIONS	
HPV (human papillomavirus)	Males and females, ages 9 to 26: three doses
Flu	Every year
Meningococcal	Booster between 16 and 18

AGES 18 TO 49

	HOW OFTEN
Health exam: Including height, weight and body mass index assessment; obesity counseling; alcohol and drug abuse; tobacco use; and injury	Every one to five years
Blood pressure screening	Screen every two years; screen more often if blood pressure is higher than 120/80 or if high risk
Cholesterol and lipid screening	<ul style="list-style-type: none"> Males: every five years, starting at age 35; more often with risk factors Females: every five years, starting at age 45; screen earlier and more often with risk factors
Diabetes screening	Every three years with blood pressure of 135/80 or higher
Colorectal cancer screening	If at high risk, ask your doctor.
HIV screening	Once for everyone; yearly if high risk
Mammogram (with or without clinical breast exam)	<ul style="list-style-type: none"> Females, 18 to 49: Ask your doctor. Females, 50 to 74: every two years
Cervical cancer and Pap test screening	Ages 21 to 30: Pap smear every three years Ages 30 to 65: Pap smear every three years or Pap smear plus HPV screening every five years
Chlamydia screening	<ul style="list-style-type: none"> Females, 24 years and younger: screen every year for all who are sexually active Females, 25 years and older: every year if high risk Screen during pregnancy for all 24 and younger and if high risk for all 25 and older
Pregnancy (prenatal visits)	Weeks 6 to 8: first visit Weeks 14 to 16: one visit Weeks 24 to 28: one visit Week 32: one visit Week 36: one visit Weeks 38 to 41: every week
Pregnancy (postnatal visits)	Once 21 to 56 days after delivery

IMMUNIZATIONS

Tdap (tetanus, diphtheria and pertussis)	One dose after age 12
Tetanus	Once every 10 years
Flu	Every year
Measles, mumps and rubella	One to two doses, if needed
Varicella (chickenpox)	Two doses, if needed
Hepatitis A, hepatitis B, meningococcal	If high risk
Pneumococcal (meningitis and pneumonia)	If high risk
HPV (human papillomavirus)	Males and females, up to age 26: three doses

AGES 50 AND OLDER

	HOW OFTEN
Health exam: Including height, weight and body mass index assessment; obesity counseling; substance abuse screening; and depression screening	Every one to three years
Blood pressure screening	Screen every two years; screen more often if blood pressure is higher than 120/80 or if high risk
Cholesterol and lipid screening	<ul style="list-style-type: none"> Males: every five years; more often with risk factors Females: every five years; screen earlier and more frequently with risk factors
Diabetes screening	Every three years with blood pressure of 135/80 or higher and more frequently if high risk
Colorectal cancer screening (ask your doctor about screening if you're 76 or older)	Choose one of the following screening schedules: <ul style="list-style-type: none"> Fecal occult blood test every year Sigmoidoscopy every five years, with fecal occult blood test every three years Colonoscopy every 10 years
Osteoporosis screening (including bone mineral density test)	<ul style="list-style-type: none"> Ages 50 to 64: Ask your doctor. Age 65 and older: once
HIV screening	<ul style="list-style-type: none"> Once for everyone up to age 64 Yearly, if high risk
Mammogram (with or without clinical breast exam)	<ul style="list-style-type: none"> Females, up to age 74: every two years Females, 75 and older: Ask your doctor.
Prostate cancer (digital rectal exam or prostate-specific antigen test)	Recommend against routine PSA screening
Cervical cancer and Pap test screening	Ages 30 to 65: Pap smear every three years or pap smear plus HPV screening every five years

IMMUNIZATIONS

Tdap (tetanus, diphtheria, and pertussis)	One dose after age 12
Tetanus	Once every 10 years
Flu	Every year
Varicella (chickenpox)	Two doses, if needed
Hepatitis A, hepatitis B, meningococcal	If high risk
Pneumococcal (meningitis and pneumonia)	If high risk and if you received a dose before age 65, and five or more years have passed, get another dose at age 65; one dose for all 65 and older
Zoster (shingles)	60 and older: one dose

*The source for these guidelines is the Michigan Quality Improvement Consortium as of September 2014. They are subject to change.

