

Adult Health

| Screenings | |
|--|---|
| Weight | Every 1-3 years. |
| Body Mass Index (BMI) | Every 1-3 years. |
| Blood Pressure (BP) | At least every 2 years.* |
| Colon Cancer Screening | Beginning at age 50 — colonoscopy every 10 years, OR flexible sigmoidoscopy every 5 years OR fecal occult blood test annually.* |
| Diabetes Screening | Those with high blood pressure should be screened. Others, especially those who are overweight or have additional risk factors, should consider screening every 3 years.* |
| Hearing Screening | Beginning at age 65. |
| Immunizations | |
| Tetanus Diphtheria Pertussis (Td/Tdap) | Every 10 years. |
| Influenza (Flu) | Yearly |
| Herpes Zoster (Shingles) | 1 dose given at age 60 and over. |
| Varicella (Chicken Pox) | 2 doses if no evidence of immunity. |
| Pneumococcal (Pneumonia) | 1 dose at age 65 or over.* |
| Measles, Mumps, Rubella (MMR) | 1 or 2 doses for adults ages 18-55 if no evidence of immunity |
| Human Papillomavirus (HPV) | 3 doses for women ages 18-26 if not already given. 3 doses for men ages 18-21 if not already given.* |

Women's Health

In addition to the services listed in the Adult Health section, women should also discuss the recommendations listed below with their doctor.

| Women's Recommendations | |
|-------------------------|---|
| Mammogram | Every 1-2 years for women ages 40-74.* |
| Clinical Breast Exam | Every 3 years for women ages 20-39. Annually for age 40 and over. |
| Cholesterol | Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you. |
| Pap Test | Women ages 21-65: Pap test every 3 years. Another option for ages 30-65: HPV test every 5 years. Women who have had a hysterectomy or are over age 65 may not need a Pap test.* |
| Osteoporosis Screening | Beginning at age 65, or at age 60 if risk factors are present.* |
| Aspirin Use | At ages 55-79, talk with your doctor about the benefits and risks of aspirin use. |

Men's Health

In addition to the services listed in the Adult Health section, men should also discuss the recommendations shown below with their doctor.

| Men's Recommendations | |
|---------------------------|--|
| Cholesterol | Ages 20-35 should be tested if at high risk. Men age 35 and over should be tested. |
| Prostate Cancer Screening | Ages 50 and older, discuss the benefits and risks of screening with your doctor.* |
| Abdominal Aortic Aneurysm | Once between ages 65 and 75 if you have ever smoked. |
| Aspirin Use | At ages 45-79, talk with your doctor about the benefits and risks of aspirin use. |



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*Recommendations may vary. Discuss screening options with your doctor, especially if you are at risk.

Sources: US Department of Health and Human Services, and the Centers for Disease Control and Prevention

The recommendations provided in the tables 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 doctor or other health care professional. Please check with your doctor for individualized advice on the recommendations provided.

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