

Preventive Screening Guidelines for Healthy Adults*

Routine Checkups	18–29 years	30–39 years	40–49 years	50–64 years	65+ years
Includes personal history, blood pressure, body mass index (BMI), physical exam, preventive screening, and counseling	Annually for ages 18–21 Every 1–3 years, depending on risk factors**			Annually	Annually
Cancer Screenings					
Colorectal Cancer	Not routine except for patients at high risk**			Colonoscopy at age 50 and then every 10 years, or annual fecal occult blood test (FOBT) plus sigmoidoscopy every 5 years, or sigmoidoscopy every 5 years, or double-contrast barium enema every 5 years	
Skin Cancer	Periodic total skin exams every 3 years at discretion of clinician		Annual total skin exam at discretion of clinician		
Breast Cancer (Women)	Annual clinical breast exam and monthly self-exam				
			Annual mammography at discretion of clinician	Annual mammography	Annual mammography at discretion of clinician
Cervical Cancer (Women)	Initiate Pap test at 3 years after first sexual intercourse, or by age 21 every 1–3 years,*** depending on risk factors**				
Testicular and Prostate Cancer (Men)	Clinical testicular exam at each health maintenance visit and monthly self-exam			Annual digital rectal exam (DRE) or prostate-specific antigen (PSA) blood test at discretion of clinician	
			Digital rectal exam (DRE) or prostate-specific antigen (PSA) blood test if at high risk**		
Other Recommended Screenings					
Body Mass Index (BMI)	At discretion of clinician (can be screened annually for overweight and eating disorders, consult the CDC's growth and BMI charts)				
Blood Pressure (Hypertension)	At every acute/non-acute medical encounter and at least once every 2 years				
Cholesterol	Every 5 years or more often at discretion of clinician				
Diabetes (Type 2)			Every 3 years, beginning at age 45 or more often and beginning at a younger age at discretion of clinician		
Bone Mass Density (BMD) Test (Women)			Consider your risk factors, discuss with you clinician. BMD testing for all post-menopausal women who have one or more risk factors for osteoporosis fractures.		BMD test once, or more often at discretion of clinician
Infectious Disease Screening					
Sexually Transmitted Infections (Chlamydia, Gonorrhea, Syphilis, and HPV)	Annual screenings for sexually active patients under 25; annually for patients age 25 and over if at risk** HPV is for age 26 and under, if not previously vaccinated.				
Sensory Screenings					
Eye Exam for Glaucoma	At least once. Every 3–5 years if at risk**		Every 2–4 years		Every 1–2 years
Hearing and Vision Assessment	At discretion of clinician				
Immunizations					
Tetanus, Diphtheria (Td)	3 doses if not previously immunized. Booster every 10 years				
Influenza	Every year if at high risk**				Annually
Pneumococcal	If at high risk** and not previously immunized				Once after age 65, even if previously vaccinated
Meningococcal (Meningitis)	1 or more doses if not previously immunized, depending on risk factors and other indicators**				
Varicella (Chicken Pox)	2 doses given at or after age 13 if susceptible**				

*Please check subscriber certificate/benefit description for a complete listing of covered tests and procedures. Your plan may not cover every screening test listed.

**Contact your physician to determine if you are at risk.

***Pap test may be performed at three-year intervals only after three consecutive negative results.

The following screening tests and vaccinations are not routinely recommended, but may be appropriate depending on your age and/or risk: HIV test (HIV/AIDS); Hepatitis A, B, and C tests; Glucose (Type II Diabetes) test; Tuberculosis skin test; and Measles, Mumps, Rubella, and Hepatitis A and B vaccines.

The Preventive Screening Guidelines for Healthy Adults are general guidelines for healthy adults with no current symptoms or personal history of medical conditions. People with medical conditions, or those with a family history for certain diseases, should talk with their doctor about the right recommendations for them.

These guidelines were developed by Massachusetts Health Quality Partners (MHQP), a broad-based coalition of health care providers, plans, and purchasers working together to promote improvement in the quality of health care services in Massachusetts. Blue Cross Blue Shield of Massachusetts is a MHQP member.

Immunizations and Screening Tests for Healthy Children*

Screening Tests	0–1 year (Infancy)	1–4 years (Early Childhood)	5–10 years (Middle Childhood)	11–17 years (Adolescence)
Routine Checkups (including cholesterol screening, height, weight, developmental milestones, and BMI)**	Ages 1–2 weeks; and 1, 2, 4, 6, 9, and 12 months. Assess breastfeeding infants between 3–5 days of age	Ages 15, 18, and 24 months; and 3 and 4 years	Annually	Annually
Anemia	Once between ages 9–12 months	As needed at discretion of clinician		Starting at age 12, screen all nonpregnant adolescents for anemia every 5–10 years during well visit. Annually screen for anemia if at high risk
Blood Test for Lead	Initial screening between ages 9–12 months	Annually at ages 2 and 3 years, and again at 4 years if in areas of high risk	If never screened, prior to entry to kindergarten	
Urinalysis			Once at age 5 at discretion of clinician	
Blood Pressure		Annually, beginning at age 3		
Hearing	Assess prior to discharge, or by 1 month	Pure-tone audiometry at ages 4, 5, 6, 8, 10, 12, 15, and 17		
Vision	Assess prior to discharge, and by 6 months	Visual acuity test at ages 3, 4, 5, 6, 8, 10, 12, 15, and 17 Screen for strabismus (lazy eye) between ages 3 and 5 years		
Pap (Females)				If sexually active
Tests for Sexually Transmitted Diseases				If sexually active
Testicular Exam (Males)				Clinical exam and self-exam instruction annually beginning at age 15
Immunizations				
Hepatitis A		2 doses routinely recommended at 12–24 months, and high-risk children over 24 months		
Hepatitis B	3 doses routinely recommended at birth and ages 1–4 months and 6–18 months			
Diphtheria, Tetanus, Pertussis (DTaP) Tetanus, Diphtheria, and Acellular Pertussis (Tdap) [Note: replaces Tetanus Diphtheria (Td)]	5 doses of DTaP routinely recommended at ages 2, 4, and 6 months; 15–18 months; and 4–6 years			1 dose of Tdap between ages 11–12 instead of Td vaccine; also between ages 13–18 years who missed Td booster at 11–12 years
Polio	4 doses routinely recommended at ages 2 and 4 months, 6–18 months, and 4–6 years			
Haemophilus (Hib)	4 doses routinely recommended at ages 2, 4, and 6 months; and 12–15 months			
Measles, Mumps, Rubella (MMR)		1 dose routinely recommended between 12–15 months	1 dose between 4–6 years	
Varicella (Chicken Pox)		1 dose routinely recommended between 12–15 months; 4 and 6 year booster		
Pneumococcal Vaccine for Infants	3 doses routinely recommended at ages 2, 4, and 6 months	1 dose between 12–15 months		
Meningococcal Vaccine		Certain high-risk group only. As needed at discretion of clinician		1 dose between ages 11–12 years; 1 dose at high school or college entry, if not previously vaccinated
HPV				3 doses between ages 11–12 years female
Flu Vaccine	Annually for all children ages 6 months–5 years and all high-risk children 5 years or older			
Rotavirus	3 doses at 2, 4, and 6 months			

*Please check subscriber certificate/benefit description for a complete listing of covered tests and procedures. Your plan may not cover every screening test listed. These guidelines are generally for healthy children with no current symptoms or prior history of a medical condition. Parents of children with medical conditions or a family history of certain diseases should talk to their doctor about the right recommendations for their children.

**BMI is recommended for children between ages 2–17 years.

The following tests or vaccines are not routinely recommended, but may be appropriate, depending on age and/or risk factors:
Cholesterol; Hepatitis C; Tuberculosis; HIV; Syphilis; Pneumococcal vaccine for older children; Meningococcal vaccine for children less than 11 years old.