



Wellness Guidelines 2009-2010

Be Healthy at Every Stage of Life

Blue Cross and Blue Shield of Illinois (BCBSIL) wants to help you experience wellness; doing so can make a big difference in your health. To help you stay healthy, we have adopted the following preventive and wellness guidelines for children and adults. Please note that these recommendations are for healthy people who do not have any health risks. Take the time to review the following summary of key services, and see if you and your family are up to date on immunizations and health screenings. You may want to speak with your doctor about your individual health care needs as a result.

Prenatal Health

Your baby's health can be greatly affected even before he or she is born.

Make sure you visit your obstetrician in the first three months of your pregnancy, and then see your



obstetrician regularly. It's also key to avoid smoking and drinking alcohol, and to take prenatal vitamins. Learn about how to manage pregnancy risks by visiting our health Web site, Be Smart Be Well.com: <http://besmartbewell.com/managingpregnancyrisks/index.htm>

Children's Health

Once your baby is born, schedule regular appointments with his or her pediatrician for the first two years of life. The doctor will monitor the growth and development of your baby, and should discuss nutrition, sleeping, safety and behavior issues. At six months, ask the doctor if your child should be assessed for lead exposure.

Starting at age two, your child should see the doctor once a year until the age of 17. It is important to determine your child's Body Mass Index (BMI) and, starting at age three, to check his or her blood pressure. Vision testing should occur once a year from ages three to six, and then every other year until 17. Hearing screenings should occur every year from ages four to six, and then once again at ages eight and 10.

Make sure your child receives the recommended immunizations below. Not only do they protect children from illness, they also lay the groundwork for a healthy tomorrow. If your child has not had all of these immunizations, there are specific recommendations on how to catch up. Talk to your doctor about how to do so.

Recommended Immunizations for Children – birth to six years*

Vaccine	Birth	1 months	2 months	4 months	6 months	12 months	15 months	18 months	19 - 23 months	2 - 3 years	4 - 6 years
Hepatitis B	◆	◆				◆					
Rotavirus			◆	◆	◆‡						
Diphtheria, Tetanus, Pertussis (DTaP)			◆	◆	◆		◆				◆
Haemophilus influenzae type b (Hib)			◆	◆	◆‡	◆					
Pneumococcal (PCV)			◆	◆	◆	◆					
Polio			◆	◆		◆					◆
Influenza (Flu)							◆ (Yearly)				
Measles, Mumps and Rubella (MMR)						◆					◆
Varicella (Chicken Pox)						◆					◆
Hepatitis A							◆ (2 doses)				

Range of recommended ages

‡ Check with your doctor to see if this dose is needed.

Tweens and Teenagers

Children ages seven to 18 should continue to receive checkups each year. This gives the doctor an opportunity to discuss:

- ✓ the importance of good nutrition and physical activity
- ✓ avoiding alcohol, smoking and drugs
- ✓ the consequences of sexual activity and sexually transmitted diseases

Recommended Immunizations for seven- to 18-year-olds*

Vaccine	7-10 years	11-12 years	13-18 years
Tetanus, Diphtheria, Pertussis (Tdap)		◆	
Human Papillomavirus (HPV)‡		◆ (3 doses)	
Meningococcal (MCV)		◆	
Influenza (Flu)	◆ (Yearly)		

Range of recommended ages

‡ This shot is for girls only.

Adult Health

Just as children need to see the doctor often and attend to their health, so do adults. Making some basic health choices can have a positive impact on your health and well-being, such as:

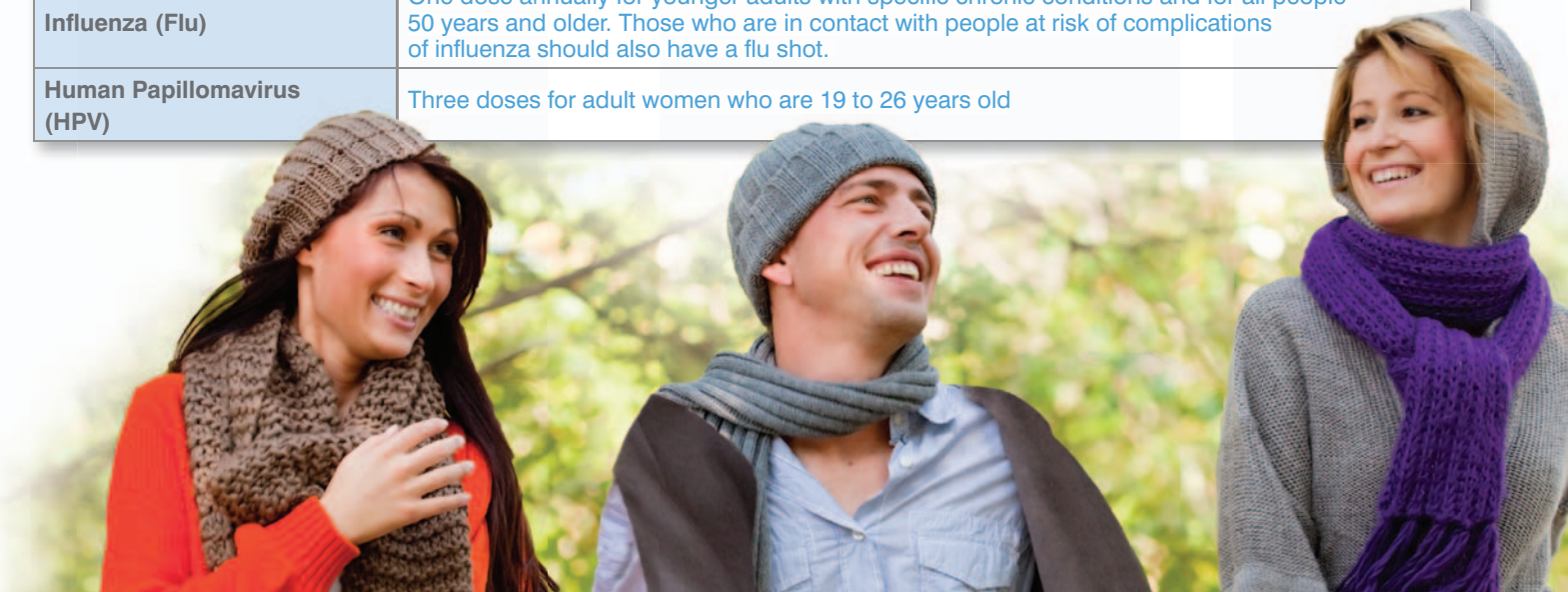
- ✓ **eating a healthy diet**
- ✓ **getting regular exercise**
- ✓ **avoiding smoking**
- ✓ **limiting alcohol use**
- ✓ **being safe by wearing a seat belt in the car (or helmet if riding a bike or motorcycle)**

Preventive services are essential for adults too, so it's important that you have the following screenings:

- ✓ **weight and Body Mass Index (BMI)**
- ✓ **cholesterol after age 35 for men and age 45 for women**
- ✓ **blood pressure every two years**
- ✓ **colorectal cancer screening beginning at age 50**
- ✓ **diabetes screening (if you are an at-risk adult)**
- ✓ **HIV and sexually transmitted disease test (if pregnant or at increased risk)**

Vaccinations are not just for children; adults need immunizations too:*

Vaccine	Recommendation
Tetanus, Diphtheria, Pertusis (Td or Tdap)	Booster every 10 years
Varicella (Chicken Pox)	If you have not had chicken pox and have not already been immunized, check with your doctor to see if you might need this shot.
Measles, Mumps and Rubella	If you are under the age of 49 and have not had these conditions nor already been immunized, check with your doctor to see if you may need this shot.
Zoster (Shingles)	One dose after age 60
Influenza (Flu)	One dose annually for younger adults with specific chronic conditions and for all people 50 years and older. Those who are in contact with people at risk of complications of influenza should also have a flu shot.
Human Papillomavirus (HPV)	Three doses for adult women who are 19 to 26 years old



Women's Health

Today's woman is busier than ever; however, she should make regular screenings a priority to stay well, including:

- ✓ **breast cancer** – all women should get a mammogram every one to two years starting at age 40. Females between the ages of 20 to 39 should have a breast exam every three years, and then annually once they turn 40.
- ✓ **cervical cancer** – females should get a Pap test beginning no later than age 21 every year with a conventional test (or every two years using a liquid-based test). After age 30, women can be screened every two to three years if they have had three consecutive normal test results. Women who are age 70 and older do not need to be screened if they have had three or more normal Pap tests and no abnormal results in the last 10 years.

Men's Health

Men should have a smart health plan too – it can make a difference whether they win or lose in the wellness game. In addition to the recommended screenings and immunizations mentioned above, men should discuss the risks and benefits of being screened for prostate cancer with their doctor.

*Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

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Senior Health

In addition to the adult recommendations, BCBSIL recommends that those age 65 and over get the following services:

- ✓ **hearing and vision screenings**
- ✓ **osteoporosis screening** (for women)
- ✓ **ultrasound for an abdominal aortic aneurysm** (one time for men ages 65 to 75 who have ever smoked)
- ✓ **influenza (flu) immunization** (yearly)
- ✓ **pneumococcal immunization**
- ✓ **zoster (shingles) immunization** (if you have not yet had it)

