



BlueCross BlueShield
of Illinois



Make Preventive Care Part of Your Family's Routine

bcbsil.com/att

Invest in your health.

Regular preventive care can help you and your family members stay healthy. Visit your health care provider every year and ask which screenings you and your family members need.

Follow your provider's recommendations and commit to a healthy lifestyle to support your long-term health and wellness goals.

A Benefits Value Advisor can help.

A BVA is like a tour guide.¹ They can point you in the right direction. One call can put you on course to get the most from your benefits.

You'll get guidance about benefits, such as medical, behavioral health and other available coverage. You only need one call to get support.

BVAs can help you:

- Maximize your benefits
- Get cost estimates
- Schedule appointments
- Request referrals for care
- Obtain prior authorization

Get started by reviewing this guide. For more information, please go to bcbsil.com/att or call Customer Service at **800-621-7336** (Bargained) or **855-439-3641** (Management).

Just follow these steps:

Blue Access for MembersSM

1. Log in at bcbsil.com/att.
2. From the website home page, click the **Contact Us** button.

Or use the BCBSIL App

1. Download the app by texting **BCBSILAPP** to **33633**.²
2. From the app dashboard, tap the **Contact Us** link and then tap the **Start a Live Chat** link.

Your group health plan benefits cover certain preventive services. Take advantage of these services at no additional cost when you use in-network providers.

1. Benefits Value Advisors offer cost estimates for procedures and services from various providers and facilities. Lower pricing and cost savings are dependent on the provider or facility you choose. Benefits Value Advisors do not give medical advice. Talk to your doctor or health care professional about any health questions or concerns.
2. Message and data rates may apply. Terms and conditions and privacy policy are available at bcbsil.com/member/bcbsil-app.



Good health is a gift anyone would want for a child.

Some things you can do to help keep your child well:

- Introduce good nutrition at an early age and be a good role model.
- Encourage lots of play and physical activity.
- Keep up with recommended vaccines.

Blue Cross and Blue Shield of Illinois wants your child to be well.

Children's Wellness Guidelines

Lay the groundwork for a healthy tomorrow.

Put your child on the path to wellness. Schedule a yearly well-child visit with your child's health care provider and follow immunization guidelines.* Their provider will watch your child's growth and progress and talk with you about eating and sleeping habits, safety and behavior issues.

According to the Bright Futures recommendations from the American Academy of Pediatrics, the provider should:

- Check your child's Body Mass Index percentile regularly beginning at age 2.
- Check blood pressure yearly beginning at age 3.
- Screen hearing at birth, then yearly from ages 4 to 6, then at ages 8 and 10.
- Test vision yearly from ages 3 to 6, then at ages 8, 10, 12 and 15.

Help protect your child from serious illness. Make sure they get the recommended vaccinations shown in the following charts. If your child has missed shots, ask your health care provider how to catch up.

Learn more at [healthychildren.org](https://www.healthychildren.org).

* A health care provider can be a doctor, primary care provider, physician assistant, nurse practitioner or other health care professional.

Please note: These recommendations are for healthy children who don't have any special health risks. Take time to check the following summaries of key preventive services.

Recommended Immunization Schedule (Birth to age 6)*

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	1½ - 3 years	4 - 6 years
Hepatitis B (HepB)	●	●				●				
Rotavirus (RV)			●	●	●					
RV1 (2 Dose Series); RV 5 (3 Dose Series)					3 dose series					
Diphtheria tetanus and pertussis (DTaP)			●	●	●		●			●
Haemophilus influenzae type B (Hib)			●	●	●	●				
Pneumococcal conjugate (PCV)			●	●	●	●				
Inactivated polio vaccine (IPV)			●	●		●				●
Influenza (flu)					●	Recommended yearly starting at age 6 months with 2 doses given the first year				
Measles, mumps and rubella (MMR)						●				●
Varicella (chicken pox)						●				●
Hepatitis A (HepA)						●	First dose: 12 to 23 months Second dose: 6 to 18 months later			●

● One dose

■ Shaded areas indicate the vaccine can be given during shown age range.

Adolescents

As your children grow into adolescence, they should continue yearly preventive care visits for exams and scheduled immunizations. These visits give their health care provider a chance to:

- Discuss the importance of healthy eating habits and regular physical activity.
- Educate about the risks of alcohol, smoking and drug use.
- Screen for sexual activity and sexually transmitted diseases, as appropriate.
- Screen for HIV between the ages of 15 and 18, or earlier if at increased risk.

Recommended Immunizations Schedule (ages 7 to 18)*

Vaccine	7 - 10 years	11 - 12 years	13 - 15 years	16 years	17 - 18 years
Tetanus diphtheria pertussis (Tdap)		●			
Human papillomavirus (HPV) - boys and girls		● 2 doses			
Meningococcal (MenACWY)		●		●	
Influenza (flu)	Yearly				

* These recommendations come from the U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics ([cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html](https://www.cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html)). The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a health care provider. Please check with your health care provider for individual advice on the recommendations provided.

Coverage for preventive services may vary depending on your specific benefit plan and use of in-network providers. For questions, please call the Customer Service number on your ID card.



Adult Wellness Guidelines

Make preventive care your priority.

Adult Health (ages 19 and older)

Preventive care is as important for adults as it is for children and teens. Make smart lifestyle choices to support your health:

- Eat a balanced diet.
- Exercise regularly.
- Get enough sleep.
- Limit alcohol.
- Don't use tobacco.
- Strive for a healthy weight.

Recommended Preventive Screenings ¹	
Weight	Every visit or at least annually
Body mass index (BMI)	Every visit or at least annually
Blood pressure (BP)	Every visit or at least annually
Cholesterol	Adults ages 40 to 75 should be screened. People ages 20 to 39 should be screened if they are at increased risk for coronary heart disease. Talk with your health care provider about when to start screening and the frequency that is best for you.
Colon cancer	Adults ages 45 to 75, using one of the following options: • Guaiac fecal occult blood test (gFOBT) annually • Fecal immunochemical testing (FIT) annually • Fecal immunochemical testing with DNA analysis (FIT-DNA) every 1 – 3 years • Flexible sigmoidoscopy every 5 years • Flexible sigmoidoscopy every 10 years with FIT annually • Colonoscopy every 10 years • CT colonography every 5 years²
Diabetes	Those with high blood pressure should be screened. Those who are overweight or have cardiovascular risk factors should be screened. All others should be screened starting at age 45. ²
Hepatitis C (HCV)	Once for adults ages 19 to 79. Most adults need to be screened only once. Persons with continued risk for HCV infection (e.g., PWID) and persons at high risk for infection should be screened periodically.
HIV	Adults ages 19 to 65, older adults at increased risk and all pregnant women should be screened. Those 26 to 45 years of age should discuss their options with their health care provider.

1. Recommendations may vary. Discuss options with your provider, especially if you are at increased risk.
2. The risks and benefits of different screening methods vary. For details about pharmacy benefit coverage, call the number on your ID card.

Adult Health

In addition to the screenings listed on the previous page, you should also discuss the recommendations shown in the chart below with your health care provider.

Recommended Immunizations (Vaccines)	
Tetanus diphtheria pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years.
Influenza (flu)	Yearly
Human papillomavirus (HPV)	All adults ages 19 to 26, 2 or 3 doses depending on age at time of initial vaccination if not already given. Those 27 to 45 should discuss options with their health care provider.
Herpes zoster (Shingles)	Two doses of RZV starting at age 50, or one dose of ZVL at age 60 or over. Discuss your options with your health care provider.
Hepatitis B (Hep B)	2, 3 or 4 doses depending on vaccine or condition beginning at age 19 to 59. Discuss your options with your health care provider.
Varicella (chicken pox)	2 doses beginning at age 50
Pneumococcal (pneumonia)	Ages 65 and over, one dose of PCV 15 followed by PPSV 23 OR one dose of PCV 20. Discuss your options with your health care provider.
Measles, mumps, rubella (MMR)	1 or 2 doses for adults born in 1957 or later who have no evidence of immunity
COVID-19 vaccine	Talk to your health care provider or pharmacist about the COVID-19 vaccine and when you should get it.
Recommended Screenings for Women or People Assigned Female at Birth	
Breast cancer	Mammogram, including digital mammography, at least every two years for people ages 40 to 74 with average risk* Monthly breast self-exams
Cervical cancer	Individuals ages 21 to 65: Pap test every 3 years Another option for those ages 30 to 65: Pap test with HPV test every 5 years People who have had a hysterectomy or are over age 65 may not need a Pap test.*
Osteoporosis	People who are at an increased risk for osteoporosis should be screened starting at age 65.
Recommended Screenings for Men or People Assigned Male at Birth	
Prostate cancer	Discuss the benefits and risks of screening with your health care provider.
Abdominal aortic aneurysm	Have an ultrasound once between ages 65 to 75 if you have ever smoked.
Sexual Health Recommendations	
Intensive behavioral counseling	For adults who are at increased risk for sexually transmitted infections.

Learn more.

- ahrq.gov/patients-consumers/prevention
- cancer.org/cancer/risk-prevention/diet-physical-activity.html
- cdc.gov/vaccines/

Other topics you can discuss with your health care provider include:

- Alcohol, tobacco and substance use
- Dental health
- Domestic violence
- Injury prevention and safety
- Mental health concerns
- Sexual behavior and sexually transmitted diseases

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

The recommendations 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 health care provider. Please check with your health care provider for individualized advice on the recommendations provided.

Coverage for preventive care services at no cost share may vary depending on your specific benefit plan and use of in-network providers. For questions, please call the Customer Service number on your ID card.

We're With You Wherever You Go



Download the BCBSIL App to manage your health wherever you are.

- Find an in-network doctor, hospital or urgent care facility.
- Access your claims, coverage and deductible information.
- View or print your member ID card.
- Log in securely with your fingerprint or face recognition.¹
- View your Explanation of Benefits.

Manage your preferences in the BCBSIL App.

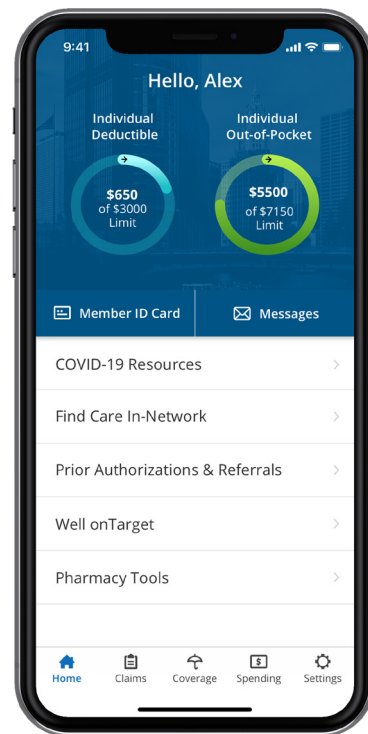
- Update your profile with your mobile number.
- Set your notification preferences to text.

Choose the messages and information you want to get.

- Review claims, prior authorization or referral updates.
- Be notified of new documents to review.
- Access secure message notifications.
- Find out about new benefits and services.

Ready to get started?

Text **BCBSILAPP** to **33633**.²



Available in Spanish



1. Availability varies by device.

2. Message and data rates may apply. Terms and conditions and privacy policy at bcbsil.com/member/bcbsil-app.



BlueCross BlueShield
of Illinois

bcbsil.com/att