



Blue Cross Community  
Health Plans<sup>SM</sup>



## Adult Wellness Guidelines

# Making Preventive Care a Priority

## Adult Health - For ages 18 and over

Preventive care is needed for adults. People who make good basic health choices can boost their own health and well-being. These are some smart choices you can make:

- Eat healthy food
- Get regular exercise
- Do not use tobacco
- Limit alcohol use
- Try to keep a healthy weight



## Screenings

Weight	Every doctor visit or at least once a year
Body Mass Index (BMI)	Every doctor visit or at least once a year
Blood Pressure (BP)	Every visit or at least once a year
Colon Cancer Screening	<p>Adults ages 45 to 75 should test for colorectal cancer using one of these methods:</p> <ul style="list-style-type: none"> <li>• Guaiac Fecal Occult Blood Test (gFOBT) every year</li> <li>• Fecal Immunochemical Testing (FIT) every year</li> <li>• FIT-DNA test (also called the stool DNA test) every 3 years</li> <li>• Flexible sigmoidoscopy every 5 years</li> <li>• Flexible sigmoidoscopy every 10 years and FIT every year</li> <li>• Colonoscopy every 10 years</li> <li>• CT Colonography every 5 years*</li> </ul>
Diabetes Screening	<p>People who have high blood pressure, are overweight, or have cardiovascular risk factors should be screened. All others should be screened starting at age 35*</p>
Hepatitis C (HCV) Screening	<p>A one-time screening for adults between the ages of 18 to 79 and people who are at high risk for infection</p>
HIV Screening	<p>Adults ages 18 to 65, older adults at increased risk and all pregnant women should be screened</p>
Cholesterol	<p>Adults ages 20 to 39, assess traditional ASCVD risk factors at least every 4 to 6 years</p> <p>Adults ages 40 to 75, assess traditional cardiovascular risk factors and 10-year risk of ASCVD</p>
Lung Cancer Screening	<p>Yearly in adults ages 50 to 80 who have a 20 pack a year smoking history and currently smoke or have quit within the past 15 years</p>

## Immunizations (Vaccines)

Tetanus Diphtheria Pertussis (Td/Tdap)	Get Tdap vaccine once, then get a Td booster every 10 years
Influenza (Flu)	Every year
Human Papillomavirus (HPV)	<ul style="list-style-type: none"><li>• Ages 19 to 26, two or three doses depending on age of first dose or condition</li><li>• Ages 27 through 45, should talk with their doctor about the benefits and risks of this screening</li></ul>
Herpes Zoster (Shingles)	2 doses for adults 50 years and older
Varicella (Chicken Pox)	Two doses if born in 1980 or later
Pneumococcal (Pneumonia)	One dose of PCV 15 and one dose of PPSV 23 at least one year after PCV 15 for adults ages 65 and over
Measles, Mumps, Rubella (MMR)	One or two doses for adults born in 1957 or later who have no evidence of immunity
COVID-19	Two or three dose primary series and boosters
Hepatitis B	Adults age 19 through 59 years of age. Two, three or four dose series

# Women's Health

Women have their own unique health care needs. To stay well, women should make regular screenings a priority. In addition to the services listed in the Adult Health section, women should also discuss the recommendations listed on this chart with their doctor.

Women's Recommendations	
Mammogram	<ul style="list-style-type: none"><li>• At least every 2 years for women ages 50 to 74</li><li>• Women ages 40 to 49 should discuss the risks and benefits of screening with their doctor</li></ul>
Cholesterol	Women who have an increased risk for coronary heart disease (CHD) should begin screenings at age 20. The risk factors for CHD are diabetes, smoking, obesity, hypertension, personal history of CHD or atherosclerosis or family history of heart disease. Screenings are recommended every 5 years for women whose cholesterol levels come close to needing treatment. After age 65, screenings are not as important, because lipid levels are less likely to increase.
Cervical Cancer Screening	Women ages 21 to 65: Pap test every 3 years Another option for ages 30 to 65: Pap test with HPV test every 5 years Women who have had a hysterectomy or are over age 65 may not need a Pap test*
Osteoporosis Screening	<ul style="list-style-type: none"><li>• Beginning at age 65</li><li>• Before age 65, if risk factors are present</li></ul>
Low-Dose Aspirin Use	Women ages 50 to 59 should talk with their doctor about using low-dose aspirin for the prevention of heart disease and colorectal cancer

## Men's Health

Men should get care as needed and make smart choices. This includes following a healthy lifestyle and getting suggested preventive care services. If men follow a game plan for better overall health, they will be more likely to win at wellness. In addition to the services listed in the Adult Health section, men should also discuss the suggestions shown in the chart to the right with their doctor.

Men's Recommendations	
Cholesterol	Men aged 35 and older should be screened. Men ages 20 to 35 should be screened if they are at high risk for coronary heart disease. Talk with your doctor about when to begin this screening, and how often you should get it.
Prostate Cancer Screening	Men ages 55-69 should talk with their doctor about the benefits and risks of this screening
Abdominal Aortic Aneurysm	If you have ever smoked, you should have an ultrasound once between the ages of 65 to 75.
Low-Dose Aspirin Use	Men ages 50 to 59 should talk with their doctor about using low-dose aspirin for the prevention of heart disease and colorectal cancer

**Learn more!** Additional sources of health information include:

- [www.ahrq.gov/patients-consumers/prevention/index.html](http://www.ahrq.gov/patients-consumers/prevention/index.html)
- [www.cancer.org/healthy/index](http://www.cancer.org/healthy/index)
- [www.cdc.gov/healthyliving/](http://www.cdc.gov/healthyliving/)

You probably already talk to your doctor about nutrition and exercise, losing weight and stopping smoking. These are other topics you may want to talk about with your doctor:

- Dental health
- Problems with drugs or alcohol
- Sexual behavior and sexually transmitted diseases
- Feelings of depression
- Domestic violence
- Accident and injury prevention
- Preventing falls, especially if you are 65 or older



\* Recommendations may vary. Talk to your doctor about when to start having screenings and how often you should have them, especially if you are at a higher risk for certain illnesses.

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

SOURCES: The recommendations from these sources are not intended as medical advice. Please talk to your doctor about what works for you.

Advisory Committee on Immunization Practices

Agency for Healthcare Research and Quality

The American Academy of Family Physicians

The American Cancer Society

The American Diabetes Association

The U.S. Preventive Services Task Force

**To ask for supportive aids and services, or materials in other formats and languages for free, please call 1-877-860-2837 TTY/TDD: 711**

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UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-860-2837 (TTY/TDD: 711).

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