



Blue Cross Community MMAI  
(Medicare-Medicaid Plan)<sup>SM</sup>



## Adult Wellness Guidelines

[www.bcbsil.com/mmai](http://www.bcbsil.com/mmai)

Blue Cross Community MMAI (Medicare-Medicaid Plan) is provided by Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association. HCSC is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees. Enrollment in HCSC's plan depends on contract renewal.

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# 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 good 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 every year

**Body Mass Index (BMI)** Every doctor visit or at least every year

**Blood Pressure (BP)** Every doctor visit or at least every year

### Colon Cancer Screening

Adults ages 50 to 75 should test for colorectal cancer using one of these methods:

- Guaiac Fecal Occult Blood Test (gFOBT) every year
- Fecal Immunochemical Testing (FIT) every year
- FIT-DNA test (also called the stool DNA test) every one to three years
- Flexible sigmoidoscopy every five years
- Flexible sigmoidoscopy every 10 years and FIT every year
- Colonoscopy every 10 years
- CT Colonography every five years\*

### Diabetes Screening

People who have high blood pressure, are overweight or have cardiovascular risk factors should be screened. All others should be screened starting at age 45.\*

### Hepatitis C (HCV) Screening

A one-time screening for adults born between 1945 and 1965 and people who are at high risk for infection

### HIV Screening

Adults ages 18 to 65, older adults at increased risk and all pregnant women should be screened

## 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)**

- Three doses for women ages 18 to 26 if not already given
- Three doses for men ages 18 to 21 if not already given\*

### **Herpes Zoster (Shingles)**

One-time dosage for adults ages 60  
and over

### **Varicella (Chicken Pox)**

Two doses if there is no evidence of  
immunity

### **Pneumococcal (Pneumonia)**

One dose of PCV 13 and one dose of  
PCV 23 at least one year after PCV 13\* 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

## 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 screenings and vaccinations listed in the Adult Health section, women should also discuss the recommendations listed on the chart below with their doctor.

### Women's Recommendations

#### Mammogram

- At least every two years for women ages 50 to 74
- Women ages 40 to 49 should discuss the risks and benefits of screening with their doctor

#### 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 five 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 three years

Another option for ages 30 to 65: Pap test with HPV test every five 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\*

#### 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. This includes following a healthy lifestyle, and having a healthy lifestyle and getting suggested preventive care services. In addition to the screenings and immunizations listed in the Adult Health section, men should also discuss the suggestions shown in the chart below with their doctor.

### Men's Recommendations

<b>Cholesterol</b>	Men ages 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.
<b>Prostate Cancer Screening</b>	Talk to your doctor about the benefits and risks of this screening.*
<b>Abdominal Aortic Aneurysm</b>	If you have ever smoked, you should have an ultrasound once between the ages of 65 to 75.
<b>Low-Dose Aspirin Use</b>	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)
- <https://www.cancer.org/support-programs-and-services.html>



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

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English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1-877-723-7702 (TTY/TDD: 711). Someone who speaks English/Language can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-877-723-7702 (TTY/TDD: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znającego język polski, należy zadzwonić pod numer 1-877-723-7702 (TTY/TDD: 711). Ta usługa jest bezpłatna.