



PREVENTIVE HEALTH CARE GUIDELINES

These guidelines are based on the recommendations by the United States Preventive Services Task Force (USPSTF), the Centers for Disease Control and Prevention (CDC), the American Academy of Family Practitioners (AAFP), and the American Academy of Pediatrics (AAP)/Bright Futures.

Introduction

Health Plan of Nevada and Sierra Health and Life suggest that health plan members get certain screening tests, exams and shots to stay healthy. This document gives our health plan members and doctors in the health plan's network guidelines about when and how often to get preventive care. This advice is not designed to take the place of your doctor's judgement about your own health care needs.

Please talk with your doctor about any questions or concerns. Your doctor may make changes to these guidelines based on your own needs. Please refer to your health plan's Evidence of Coverage and plan documents for details about the coverage and costs to you for these preventive services.

Section 1: General Preventive Screening Tests and Exams for Children, Teens and Adults

Item	Gender		Adults	Newborns, Children and/or Teens	Comments About Screening Test, Counseling, Exam or Shot
	Male	Female			
Abdominal Aortic Aneurysm Screening Test	X	N/A	X	Adults only	This screening test is a one-time test for men between the ages of 65-75 years old who have smoked even if there are no symptoms.
Alcohol Abuse: Screening and Behavioral Counseling Intervention in Primary Care to Reduce Unhealthy Alcohol Use in Adults	X	X	X	Adults only	Screening for adults aged 18 years or older for alcohol misuse and provide persons engaged in risky or hazardous drinking with brief behavioral counseling to reduce alcohol misuse.
Autism Screening	X	X	N/A	X	A formal, standardized developmental screen is recommended during the 9 month and 30-month visit. A formal, standardized developmental screen is recommended during the 18-month visit, including formal autism screen. A formal, standardized autism screen is recommended during the 24-month visit.
Bacteriuria Screening	N/A	X	X	Adults only	Screening for asymptomatic bacteriuria with urine culture for pregnant women at 12-16 weeks gestation or at the first prenatal visit, if later.
Breast Cancer Screening - Mammogram	N/A	X	X	Adults only	Screening is recommended every 1-2 years for women who are 40 years old and older. Women who are 40 to 49 years old should talk to their doctor about when to start and how often to get a mammogram.
Breast Genetic Counseling and Evaluation for BRCA Testing	N/A	X	X	Adults only	This screening is for women who have a personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations with an appropriate brief familial risk assessment tool. Women with positive screening results should receive genetic counseling and, if indicated after counseling, genetic testing.

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Behavioral Counseling in Primary Care to Promote a Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults with Risk Factors	X	X	X	Adults only	The USPSTF recommends offering or referring adults with cardiovascular disease risk factors to behavioral counseling interventions to promote a healthy diet and physical activity.
Cervical Cancer Screening - Pap Smear	N/A	X	X	Adults only	A cervical cancer screening is recommended for average risk women aged 21-65 years. For women aged 21-29 years, a cervical cancer screening using cervical cytology (Pap smear) is recommended every 3 years. Women aged 30-65 years should be screened with cytology and human papillomavirus testing every 5 years or cervical cytology alone every 3 years.
Chlamydia Infection Screening	N/A	X	X	X	This screening test is for all sexually active non-pregnant women aged 24 years and younger and older women at increased risk for infection. This applies to all sexually active adolescents and adult women, including pregnant women. Bright Futures recommends sexually transmitted infection screening be conducted if risk assessment is positive between ages 11-21 years.
Cholesterol Screening - Lipid Disorders Screening	X	X	X	Adults only	The USPSTF recommends that clinicians prescribe a statin for the primary prevention of CVD when all the following criteria are met: 1. They are aged 40-75 years; 2. They have 1 or more CVD risk factors (i.e. dyslipidemia, diabetes, hypertension or smoking); 3. They have a calculated 10-year risk of a cardiovascular event of 10% or greater. See Dyslipidemia Screening (Pediatric) for recommendations for children.
Colorectal Cancer Screening: Fecal Occult Blood Test (FOBT), Fecal Immunochemical Test (FIT), Sigmoidoscopy and Colonoscopy	X	X	X	Adults only	USPSTF recommends screening starting at age 45 years and continuing until age 75 years.

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	s	Female			
Contraceptive Methods (Including Sterilizations)	N/A	X	X	X	Adolescent and adult women have access to the full range of female-controlled contraceptives to prevent unintended pregnancy and improve birth outcomes. Contraceptive care should include contraceptive counseling, initiation of contraception use and follow-up care (e.g. management and evaluation as well as change of and removal or discontinuation of contraceptive method). The Women's Preventive Services Initiative recommends that the full range of U.S. Food and Drug Administration (FDA) approved, granted or cleared contraceptives, effective family planning practices and sterilization procedures be available as part of contraceptive care. The full range of contraceptives includes those currently listed in the FDA's Birth Control Guide: (1) sterilization surgery for women, (2) implantable rods, (3) copper intrauterine devices, (4) intrauterine devices with progestin (all durations and doses), (5) injectable contraceptives, (6) oral contraceptives (combined pill), (7) oral contraceptives (progestin only), (8) oral contraceptives (extended or continuous use), (9) the contraceptive patch, (10) vaginal contraceptive rings, (11) diaphragms, (12) contraceptive sponges, (13) cervical caps, (14) condoms, (15) spermicides, (16) emergency contraception (levonorgestrel), (17) emergency contraception (ulipristal acetate) and any additional contraceptives approved, granted, or cleared by the FDA.
Depression in Adults - Screening	X	X	X	Adults only	This screening is for the general adult population including pregnant and postpartum women, as well as older adults. Bright Futures recommends routine screening for postpartum depression should be integrated into well-child visits at 1, 2, 4, and 6 months of age.

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Depression in Children and Adolescents - Screening	X	X	N/A	X	This screening is for adolescents between the ages of 12-18 years for major depressive disorder (MDD). Bright Futures recommends routine screening for postpartum depression should be integrated into well-child visits at 1, 2, 4, and 6 months of age. Bright Futures Periodicity Schedule recommends depression screening begins at age 12-21 years.
Diabetes Screening - Pre-diabetes and Type 2	X	X	X	Adults only	The USPSTF recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who are overweight or obese. Clinicians should offer or refer patients with prediabetes to effective preventive interventions. USPSTF recommends screening for gestational diabetes mellitus in asymptomatic pregnant women at 24 weeks of gestation or after. HRSA recommends screening for type 2 diabetes in women with a history of gestational diabetes 4-6 weeks postpartum with regular follow-ups as appropriate.
Dyslipidemia Screening - Pediatric	X	X	N/A	X	Bright Futures: Risk assessment recommended at 24 months, 4 years, 6 years, 8 years, 12 years, 13 years, 14 years, 15 years and 16 years. Conduct screening lab work if risk assessment is positive or at the following intervals: once between age 9-11 years; once between age 17-21 years.
Fluoride Application in Primary Care	X	X	N/A	X	Recommended for children from birth through age 5 years. It is recommended that primary care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption. Bright Futures further recommends once teeth are present, apply fluoride varnish to all children every 3-6 months in the primary care or dental office, based on caries risk.

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Gonorrhea Screening	N/A	X	X	X	USPSTF recommends screening for gonorrhea in sexually active women aged 24 years and younger and in women aged 25 and older who are at increased risk for infection. Includes pregnant women. Bright Futures recommends sexually transmitted infection screening be conducted if risk assessment is positive between ages 11-21 years.
Hearing Screening - Pediatric	X	X	N/A	X	Bright Futures recommends hearing screening at ages: newborn between 3-5 days old to 2 months old, 4 years, 5 years, 6 years, 8 years, 10 years, once between ages 11-14 years, once between ages 15-17 years and once between ages 18-21 years. Screening is also recommended for those that have a positive risk assessment. Risk assessment is recommended at ages 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 30 months, 3 years, 7 years, and 9 years.
Hepatitis B Virus Infection Screening	X	X	X	X	USPSTF recommends screening for hepatitis B infection in persons at high risk for infection and pregnant women at their first prenatal visit. Bright Futures recommends screening between the ages of 0-21 years after risk assessment.
Hepatitis C Virus Infection Screening	X	X	X	Adults only	The USPSTF recommends screening for hepatitis C virus (HCV) infection in adults aged 18 to 79 years.
High Blood Pressure in Adults – Screening	X	X	X	Adults only	This screening test is for adults aged 18 years of age or older. The USPSTF recommends obtaining measurements outside of the clinical setting for diagnostic confirmation before starting treatment.
Human Immunodeficiency Virus (HIV) – Screening for Adolescents and Adults	X	X	X	X	This screening is for HIV infection in adolescents and adults aged 15-65 years. Younger adolescents and older adults who are at increased risk should also be screened. This screening is also for pregnant women, including those who present in labor who are untested and whose HIV status is unknown. Bright Futures recommends HIV screening

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					lab work be conducted once between ages 15-21 years. It is also recommended anytime between ages 11-14 years when a risk assessment is positive. After initial screening, youth at increased risk of HIV infection should be retested annually or more frequently if at high risk.
Human Papillomavirus DNA Testing	N/A	X	X	Adults only	This screening test is recommended every 5 years for women who are 30 to 65 years who have normal pap smear results.
Hypothyroidism Screening – Newborn	X	X	N/A	X	This screening test is for all newborn infants from birth to 90 days old.
Intimate Partner Violence Screening	N/A	X	X	X	The USPSTF recommends that clinicians screen for intimate partner violence in women of reproductive age and provider or refer women who screen positive to ongoing support services.
Latent Tuberculosis Infection (LTBI) Screening	X	X	X	Adults only	The USPSTF recommends screening for LBTI in populations at increased risk. This recommendation applies to asymptomatic adults 18 years and older.
Obesity Screening – Adults	X	X	X	Adults only	This screening is for all adults. Clinicians should offer or refer patients with a body mass index (BMI) of 30kg/m ² or higher to intensive, multicomponent behavioral interventions.
Obesity Screening – Children and Adolescents	X	X	N/A	X	This screening is recommended for children and adolescents 6 years and older. Clinicians should offer or refer to a comprehensive, intensive behavioral intervention to promote improvements in weight status.
Osteoporosis Screening	N/A	X	X	Adults only	This screening is for women aged 65 and older and in postmenopausal women younger than 65 years who are at increased risk of osteoporosis.

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Other Tests and Exams for Children from Birth to 21 Years	X	X	N/A	X	Other tests and exams for children and teens from birth to 21 years may be considered preventive. These tests and exams are covered according to individual benefit plans. Please refer to your health plan documents to determine you and your family's specific coverage.
Phenylketonuria (PKU) Screening	X	X	N/A	X	This screening test is for all newborn infants from birth to 90 days old.
Primary Care Interventions to Prevent Tobacco Use in Adults and Children	X	X	X	X	The USPSTF recommends that clinicians ask all non-pregnant adults about tobacco use, advise them to stop using tobacco, and provide behavioral interventions and U.S. Food and Drug Administration (FDA) approved pharmacotherapy for cessation to those who use tobacco. In pregnancy, the USPSTF recommends that clinicians ask about tobacco use, advise them to stop using tobacco and provide behavioral interventions for cessation. USPSTF recommends that primary care clinicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use among school-aged children and adolescents. Bright Futures recommends tobacco use assessments from age 11-21 years.
Rh(D) Incompatibility Screening	N/A	X	X	X	Rh(D) blood typing and antibody testing is recommended for all pregnant women during their first visit for pregnancy-related care. Repeated Rh(D) antibody testing for all unsensitized Rh(D) negative women at 24-28 weeks' gestation, unless biological father is known to be Rh(D) negative.
Screening for Lung Cancer with Low-Dose Computed Tomography	X	X	X	Adults only	USPSTF recommends annual screening for lung cancer with low-dose computed tomography for adults aged 50-80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.

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Sexually Transmitted Infections - Behavioral Counseling for Prevention	X	X	X	X	Behavioral counseling for all sexually active adolescents and for adults who are at increased risk for sexually transmitted infections (STI).
Sickle Cell Screening - Newborn	X	X	N/A	X	This screening test is for all newborn infants from birth to 90 days old.
Skin Cancer Prevention - Behavioral Counseling	X	X	X	X	USPSTF recommends counseling young adults, adolescents, children, and parents of young children about minimizing exposure to ultraviolet (UV) radiation for persons ages 6 months to 24 years with fair skin types to reduce their risk of skin cancer.
Syphilis Screening	X	X	X	X	USPSTF recommends screening for syphilis infection in persons who are at increased risk for infection (asymptomatic, non-pregnant adults and adolescents who are at increased risk for syphilis infection). USPSTF recommends early screening for syphilis infection in all pregnant women. Bright Futures recommends sexually transmitted infection screening be conducted if risk assessment is positive between ages 11-21 years.
Screening for Visual Impairment in Children	X	X	N/A	X	USPSTF recommends vision screening at least once in all children aged 3-5 years to detect amblyopia or its risk factors. Bright Futures recommends visual acuity screening for age 4 and 5 years as well as in cooperative 3-year-olds. Instrument-based screening recommended for age 12 and 24 months, in addition to the well visits at 3-5 years of age.
Wellness Examinations (Well Baby, Well Child and Well Adult)	X	X	X	X	Wellness exams include an initial preventive medicine evaluation and management of an individual. This exam includes an age and gender appropriate history, exam, counseling/anticipatory guidance/risk factor reduction strategies and the ordering of laboratory and diagnostic procedures. These include breastfeeding support and counseling and follow-up care, domestic violence screening, annual HIV counseling, well woman visits and screening for urinary incontinence.

Section 2: Preventive Screening Tests and Exams for Pregnant Women

Screening	Comments
Bacteriuria Screening	Screening for asymptomatic bacteriuria with urine culture for pregnancy women at 12-16 weeks gestation or at the first prenatal visit, if later.
Chlamydia Screening	Screening test is for all asymptomatic, sexually active adolescents and women, including pregnant persons.
Gestational Diabetes Screening	Screening pregnant women for gestational diabetes mellitus after 24 weeks of gestation.
Gonorrhea Screening	Screening test is for all asymptomatic, sexually active adolescents and women, including pregnant persons.
Hepatitis B Virus Infection Screening	Screening for hepatitis B virus infection in pregnant women at their first prenatal visit.
Human Immunodeficiency Virus (HIV) Infection Screening	This applies to all pregnant women including those present in labor or at delivery who are untested and whose HIV status is unknown.
Hypertensive Disorders of Pregnancy (preeclampsia screening)	The USPSTF recommends screening for hypertensive disorders (preeclampsia) in pregnant women with blood pressure measurements throughout pregnancy.
Rh(D) Incompatibility Screening	This screening test is for all pregnant women during their first prenatal visit. Repeat testing is for all unsensitized Rh(D) negative women at 24-48 weeks gestation, unless the biological father is known to be Rh(D) negative.
Syphilis Screening	The USPSTF recommends early screening for syphilis infection in all pregnant women.
Tobacco Smoking Cessation in Adults Including Pregnant Women: Behavioral Interventions	The USPSTF recommends that clinicians ask all pregnant women about tobacco use, advise them to stop using tobacco and provide behavioral interventions for cessation.
Wellness Visits (Preconception, Prenatal & Postpartum)	Well woman preventive care visit annually for adult women to obtain the recommended preventive services that are age and developmentally appropriate, including preconception and prenatal care.

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Section 3: Immunizations/Shots for Adults, Children and Teens

Please refer to the most current immunization (shot) recommendations to find out which immunizations are right for you and your family. These recommendations are revised each year by the Centers by Disease Control and Prevention (CDC).

For more information, please visit the CDC website at: www.cdc.gov