

Health Net of California, Inc. (Health Net)

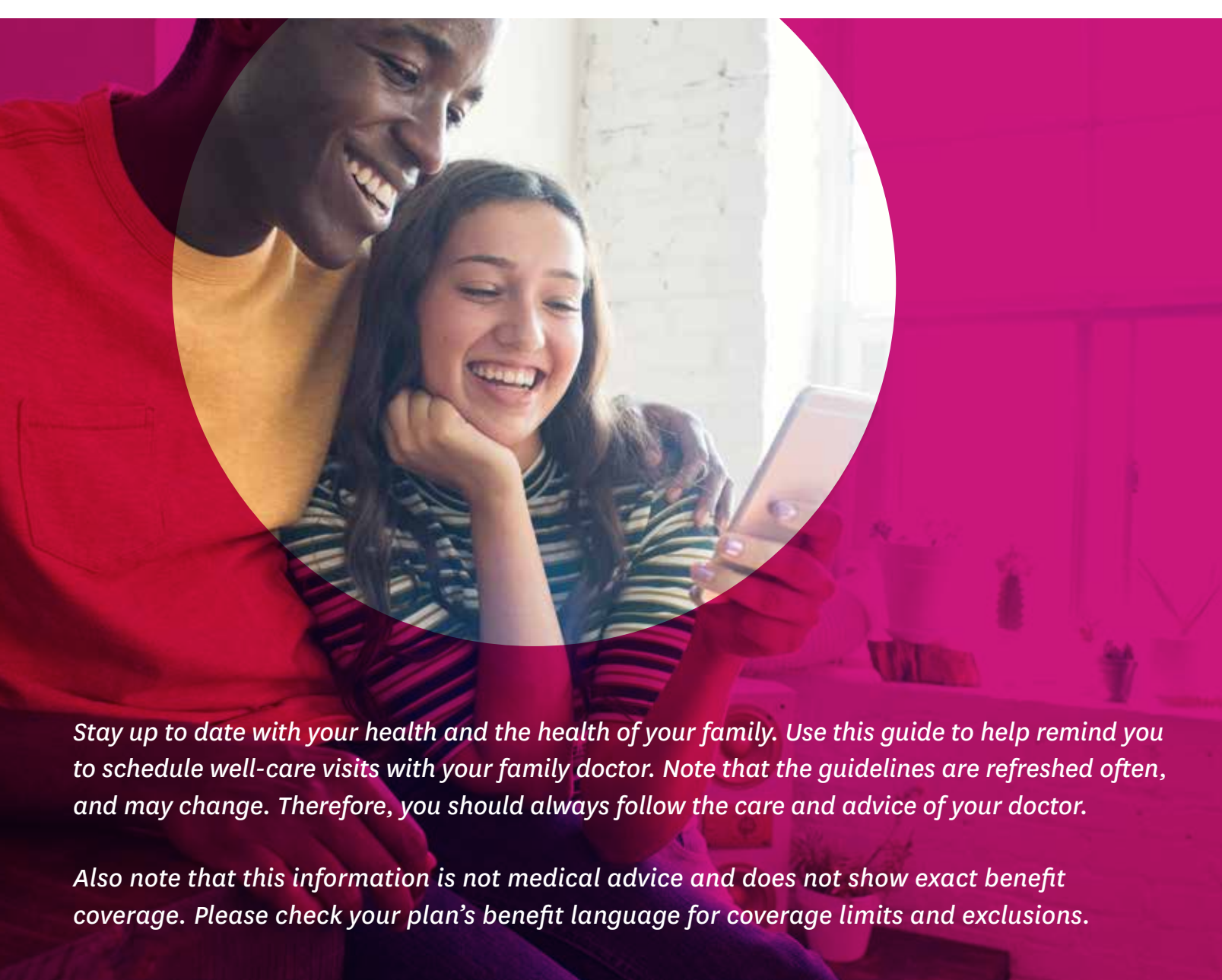


Health Net's Preventive Screening Guidelines

GUIDELINES FOR CHILDREN AND ADULTS



**SAN FRANCISCO
HEALTH SERVICE SYSTEM**



Stay up to date with your health and the health of your family. Use this guide to help remind you to schedule well-care visits with your family doctor. Note that the guidelines are refreshed often, and may change. Therefore, you should always follow the care and advice of your doctor.

Also note that this information is not medical advice and does not show exact benefit coverage. Please check your plan's benefit language for coverage limits and exclusions.

Helping you stay healthy

If you'd like more information on our wellness programs or detailed guidelines visit www.healthnet.com/sfhss and click *Wellness Center*.



Health and wellness

Get information on our online and telephonic wellness programs by visiting the Wellness Center. Information and resources are available for:

- Weight loss
- Healthy eating
- Tobacco cessation
- Stress management
- Exercise and condition management



Recommended (highly advised) vaccines (shots)

Schedule for persons aged 0 through 6 years^{1,2}

Vaccine	At birth	Age (in months)									Age (in years)			
		1	2	4	6	9	12	15	18	19-23	2-3	4	5	6
Hepatitis B (HepB)	✓	✓		Catch up if needed		✓					Catch up if needed			
Rotavirus (RV)			✓	✓	✓									
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓	Catch up if needed		✓	Catch up if needed		✓			
Haemophilus influenzae type b (Hib)			✓	✓	✓	Catch up if needed	✓	Catch up if needed			High-risk groups			
Pneumococcal			✓	✓	✓	Catch up if needed	✓	Catch up if needed			High-risk groups			
Inactivated poliovirus (IPV)			✓	✓		✓			Catch up if needed		✓			
Influenza (flu)						✓ Yearly								
Measles, mumps, rubella (MMR)					High-risk groups		✓	Catch up if needed		✓				
Varicella (VAR)							✓	Catch up if needed		✓				
Hepatitis A (HepA)							✓ 2 doses			✓ Per your doctor's advice; high-risk groups				
Meningococcal						✓ High-risk groups								

Catch up if needed: If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

High-risk groups: Check with your doctor to see if you need this shot.



Recommended vaccines (shots)

Schedule for persons aged 7 through 18 years^{1,2}

Vaccine	Age (in years)		
	7-10	11-12	13-18
Tetanus, diphtheria, pertussis (Tdap)	Catch up if needed	✓ 1 dose	Catch up if needed
Human papillomavirus (HPV)	HPV vaccination can be started from age 9		Catch up if needed
Influenza (flu)	✓ Yearly		
Pneumococcal	High-risk groups		
Hepatitis A (HepA)	Per your doctor's advice; high-risk groups		
Hepatitis B (HepB)	Catch up if needed		
Inactivated poliovirus (IPV)	Catch up if needed		
Measles, mumps, rubella (MMR)	Catch up if needed		
Varicella (VAR)	Catch up if needed		
Haemophilus influenzae type b (Hib)	High-risk groups		
Meningococcal	High-risk groups	✓ 1 dose	✓ Catch-up if needed booster at age 16
Meningococcal B	High-risk groups, ages 10-18 years		

Catch up if needed: If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

High-risk groups: Check with your doctor to see if you need this shot.





Recommended screenings (tests)

Schedule for persons aged 0 through 18 years^{1,2,3}

Service	Age (in months)						Age (in years)		
	Birth–6	9	12	15	18	19–36	3–10	11–12	13–18
Routine health exam	At birth, 3–5 days, and at 1, 2, 4, and 6 months	Every 3 months			Every 6 months		Every year		
Lead testing	Starting at 6 months, check during routine health exams. Test at 12 months and 24 months, or per your doctor’s advice								
Dental visit	Every 6–12 months, or as your dentist suggests								
	First dental visit within six months of baby’s first tooth, no later than the first birthday								
Blood test	Once between 0–2 months	Every 6–12 months, or per your doctor’s advice							
Body mass index (BMI)						Starting at age 2, check BMI during routine health exam			



Recommended vaccines (shots)

Schedule for adults^{1,2}

Vaccine	Age (in years)				
	19–26	27–49	50–59	60–64	65 and over
Tetanus, diphtheria, pertussis (Td/Tdap)	✓ 1 dose Tdap, then boost with Td every 10 years				
Human papillomavirus (HPV)	✓ Per your doctor’s advice	If high risk or per your doctor’s advice			
Varicella (VAR)	✓ 2 doses				
Zoster			✓ 2 doses RZV starting at age 50 or 1 dose ZVL starting at age 60		
Measles, mumps, rubella (MMR)	✓ 1 or 2 doses or per your doctor’s advice				
Influenza (flu)	✓ Every year				
Pneumococcal (PPSV 23 or PCV 13)	If high risk or per your doctor’s advice				✓ 1 dose
Hepatitis A (HepA)	2 or 3 doses if high risk or per your doctor’s advice				
Hepatitis B (HepB)	3 doses if high risk or per your doctor’s advice				
Haemophilus influenzae type b (Hib)	1 or 3 doses if high risk or per your doctor’s advice				
Meningococcal	1 or more doses if high risk or per your doctor’s advice				
Meningococcal B	2 or 3 doses if high risk or per your doctor’s advice				

High-risk groups: Check with your doctor to see if you need this shot.



Recommended health screenings (tests)

Schedule for adults^{1,2,4}

Service	Age (in years)		
	19–39	40–64	65 and over
Routine health exam	Every year		
Hearing screening to check for hearing loss		Per your doctor’s advice	
Vision screening to check for eye problems	Every 5–10 years	Every 2–4 years for ages 40–54; every 1–3 years for ages 55–64	Every 1–2 years
Aspirin therapy to prevent heart disease		Discuss with your doctor in routine health exam	
Blood pressure to check for high blood pressure	Every 1–2 years		
Body mass index (BMI) to check for obesity	Check during routine health exams		
Cholesterol screening to check for blood fats	Per your doctor’s advice	If at increased risk, check every 5 years starting at age 35 for men and age 45 for women	
Colorectal cancer screening to check for colorectal cancer		For ages 40–49, per your doctor’s advice. Beginning at age 50, talk to your doctor about how often and what test to be done	
Glucose screening to check for blood sugar	Check if high risk	Every 3 years or as per your doctor’s advice	
Human immunodeficiency virus (HIV)	One-time screening, repeat screening if at high risk		Per your doctor’s advice
Dental	Every 6 months		
Hepatitis C and hepatitis B	Screen if high risk or per your doctor’s advice		





Recommended health screenings (tests)

Schedule for women^{1,2}

Service	Age (in years)		
	19–39	40–64	65 and older
Pelvic exam with Pap test to check for cervical cancer	If sexually active and not pregnant, begin screening at age 21 and screen every 3 years; starting at age 30, screen every 5 years with HPV co-test or as often as your doctor advises		Per your doctor’s advice
Mammogram to check for breast cancer	Check every year starting at age 35 if high risk	Every 1–2 years or per your doctor’s advice	
Breast exam by doctor	Every 1–3 years	Every year	
Self breast exam/breast self-awareness to check for breast changes	Monthly		
Screening to check for Chlamydia and/or Gonorrhea, sexually transmitted illnesses (STIs)	Every year through age 24 for sexually active non-pregnant people; every year beginning at age 24 if high risk		
Bone density test to check for bone loss		Screening based on risk	Every 2 years



Recommended health screenings (tests)

Schedule for men^{1,2}

Service	Age (in years)		
	19–39	40–64	65 and older
Prostate-specific antigen (PSA/DRE) to check for prostate cancer		Per your doctor’s advice	
Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area)			Once, for those ages 65–75 who have ever smoked or have risks
Testicular self-exam	Per your doctor’s advice		

¹These guidelines may change. Please speak with your doctor.

²Doctor should follow proper series and current guidelines by the Centers for Disease Control and Prevention (CDC), US Preventive Services Task Force (USPSTF), and American Academy of Pediatrics (AAP).

³Routine health exams, counseling and education for children and adolescents should include measuring the patient's height, weight and blood pressure. Exams should also include body mass index (BMI), along with vision and hearing tests. Counseling and education could include, but are not limited to:

- Contraception/family planning
- Critical congenital heart defect, heart health
- Dental health
- Developmental/behavioral assessment
- Injury/violence prevention
- Mental health, e.g., depression/eating disorders
- Nutrition/exercise
- Sexually transmitted infections (STIs) and HIV screening
- Substance abuse, e.g., alcohol and drug abuse prevention
- Tobacco use and smoking cessation
- Tuberculosis (TB) screening
- Weight management

⁴Routine health exams, counseling and education for adults should include measuring the patient's height, weight, blood pressure, body mass index (BMI), vision and hearing tests, depression, and screening for alcohol or drug use. Recommendations vary based on history and risk factors. Counseling and education could include:

- Cancer screenings, e.g., lung cancer screening and BRCA risk assessment
- Contraception/prepregnancy
- Dental health
- Drug prevention/Cessation
- Family planning
- Heart health, electrocardiogram (ECG) screening
- Injury/violence prevention
- Maternity planning
- Menopause
- Mental health, e.g., depression/eating disorders
- Nutrition/exercise
- Sexual practices, sexually transmitted infections (STIs) and HIV screening
- Substance abuse, e.g., alcohol and drug abuse prevention
- Tobacco use and smoking cessation
- Tuberculosis (TB) screening
- Weight management