

# Preventive health services

## for you and your family

Below are recommended preventive health services for healthy adults and children with average risk. Talk with your doctor to decide which screenings and vaccines are right for you and your family, and when you should have them.

### Recommended preventive health screenings and vaccines for infants, children and adolescents

Newborn screening panel <sup>1</sup>	One time — before infant leaves hospital or birthing center
Newborn hearing screening	One time — before 1 month of age
Hearing screening	Periodically — throughout childhood and adolescence
Vision screening	One time — between 3 and 5 years of age
Oral fluoride varnish	Through 11 years of age
Body mass index (BMI) measurement	Periodically — 6 years of age and older
Depression	Routinely — 12–18 years of age
Human Immunodeficiency Virus (HIV) screening	Periodically — 15 years of age and older
Hepatitis B (HepB) vaccine	0–18 months of age
Hepatitis A (HepA) vaccine	12–18 months of age
Rotavirus vaccine	Infants younger than 8 months of age
Diphtheria-tetanus-pertussis (DTaP) vaccine	At 2, 4 and 6 months of age; at 15 through 18 months of age; and at ages 4 through 6 years old
Inactivated polio vaccine (IPV) vaccine	At 2 and 4 months of age, between 6 and 18 months of age, and at ages 4 through 6 years old
H. influenzae type B (Hib) vaccine	0–15 months of age
Pneumococcal conjugate vaccine (PCV)	Children younger than 2 years old
Measles-mumps-rubella (MMR) vaccine	Between 12 and 15 months of age, and between 4 and 6 years old
Chicken pox (varicella) vaccine	Between 12 and 15 months of age, and between 4 and 6 years old
Influenza vaccine	Every flu season, beginning at 6 months of age
Meningococcal vaccine	Adolescents 11 or 12 years of age, with a booster dose at 16 years old
Tetanus-diphtheria-pertussis (Tdap) vaccine	Adolescents 11 or 12 years of age. May be given as early as 7 years of age.
Human papillomavirus (HPV) vaccine	Adolescents 11 or 12 years of age. May be given beginning at 9 years of age. Also recommended for everyone through 26 years of age if not adequately vaccinated previously.
Anemia screening	Your health care team will help you decide when and how often screening is needed.
Lead screening risk assessment	Periodically — during well-child visits from 6 months through 6 years of age
Obesity screening and counseling	Children and adolescents 6 years of age and older

<sup>1</sup> Health Resources and Services Administration. Advisory Committee on Heritable Disorders in Newborns and Children. January 2022. Available at: [HRSA.gov/advisory-committees/heritable-disorders/index.html](https://www.hrsa.gov/advisory-committees/heritable-disorders/index.html). Accessed June 9, 2022.

## Recommended preventive health screenings and vaccines for adults

Blood pressure screening	Annually — for adults 40 years of age and older who are at increased risk for high blood pressure
Body mass index (BMI) measurement	Periodically — adults 18 years of age and older
Cholesterol screening	Every 4 to 6 years for healthy adults. Talk to your health care team about your health history and how often you need to have your cholesterol checked.
Breast cancer screening (mammogram) <sup>2</sup>	Adults 40–44 years of age. Talk with your doctor about when screening is right for you. Adults 45–54 years of age — yearly screening is recommended. Adults 55 years of age and older — your doctor may recommend yearly screening or switching to every 2 years. Annual mammography is also considered medically necessary for younger women who are at high risk for breast cancer.
Cervical cancer screening	Adults 21–29 years of age — Pap smear every 3 years. Adults 30–65 years of age — Pap smear every 3 years, or Pap smear and HPV testing every 5 years. Talk with your doctor about the method of screening that is right for you.
Gonorrhea screening	Routinely — sexually active women 24 years of age and younger and in older women who are at increased risk for infection
Osteoporosis screening (bone density test)	Routinely — women 65 years of age and older; women younger than 65 years at increased risk
Abdominal aortic aneurysm screening	Once — men 65–75 years of age who have ever smoked tobacco
Colorectal cancer screening	Adults 45 years of age and older. Talk with your doctor about the method of screening and how often is right for you.
Depression screening	Routinely — adults 18 years of age and older, including pregnant and postpartum women
Alcohol misuse screening	Adults 18 years of age and older, including pregnant women
Tobacco use screening and counseling	Routinely — adults 18 years of age and older, including pregnant women
Unhealthy drug use screening	Routinely — adults 18 years of age and older, including pregnant women
Intimate partner violence screening	Women of childbearing age
Tetanus-diphtheria-pertussis (Td/Tdap) vaccine	If Tdap was not given at or after 11 years of age — 1 dose Tdap, then Td or Tdap every 10 years 1 dose of Tdap is also recommended during each pregnancy
Influenza vaccine	Every flu season
Pneumococcal vaccine	One time — adults 65 years of age and older
Shingles vaccine	Adults 50 years of age and older

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<sup>2</sup> American Cancer Society. American Cancer Society recommendations for the early detection of breast cancer. January 14, 2022. Available at: [Cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html](https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html). Accessed June 9, 2022. Women at high risk for breast cancer are recommended to get a breast MRI and mammogram every year starting at age 30.

## Recommended preventive health screenings and vaccines for adults (continued)

Human papillomavirus (HPV) screening	See cervical cancer screening section above.
Diabetes screening	Adults 40–70 years of age who are overweight or obese, and all pregnant women
Human papillomavirus (HPV) vaccine	Recommended for everyone through 26 years of age if not adequately vaccinated previously
Syphilis screening	Adults and adolescents at increased risk for syphilis infection, and all pregnant women
Rh incompatibility screening (blood typing and antibody testing)	All pregnant women during their first visit for pregnancy-related care
Bacteriuria screening	All pregnant women
Preeclampsia screening	All pregnant women should be screened throughout pregnancy with blood pressure checks at each prenatal visit
Anxiety screening	Adolescent females and adult women, including those who are pregnant or postpartum
Contraceptive education and counseling	Contraceptive methods that are FDA-approved for women
Tuberculosis infection screening	Everyone who is at increased risk
Breastfeeding counseling, support and supplies	Counseling and support when provided by a trained health care professional during pregnancy and/or in the postpartum period. Manual or standard electric breast pump during pregnancy or at any time following delivery for breastfeeding.
Hepatitis B screening	Pregnant women at their first prenatal visit. Nonpregnant adolescents and adults at high risk.
Hepatitis C screening	Once for adults 18 to 79 years of age without risk factors. Periodically for people with continued risk for hepatitis C infection.
Lung cancer screening	Current or former smokers 50 to 80 years of age with a 20 pack-years or more smoking history and, if a former smoker, has quit within the past 15 years
Obesity counseling	Adults with a body mass index (BMI) of 30 or higher

The preventive health screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPTF). Available at: [USPreventiveServicesTaskForce.org/uspstf/](https://www.uspreventiveservicestaskforce.org/uspstf/). Accessed June 10, 2022.

The vaccine recommendations for people 18 and under are based on the Centers for Disease Control and Prevention (CDC), found online at [CDC.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules) as of February 17, 2022. Recommendations change often. A full list of the most current recommendations may be accessed at these websites. Accessed June 10, 2022.

**Before scheduling a visit for a suggested preventive care service, be sure to check your Summary Plan Description (SPD) to determine your share of the cost for these services.**