

CalViva Health's Preventive Screening Guidelines

Guidelines for children and adults

Use this guide to help remind you to schedule well-care visits with your family doctor. Always seek and follow the care and advice of your doctor because these guidelines are updated regularly and may change.

This information is not medical advice and does not mean specific benefit coverage. Please check your plan benefit language for coverage, limitations and exclusions.

Helping you stay healthy

For more information or detailed guidelines, visit www.CalVivaHealth.org or call one of the numbers below.

CalViva Health members:

- *Health Education Information Line:*
Call **1-800-804-6074** for free health education materials and resources. You can get information on our stop smoking program, weight control programs and much more. Health education materials are available in different languages and alternative formats upon request.
- *For questions about your CalViva Health benefits:* **1-888-893-1569**.
- *Help for the hearing and speech impaired:* **(TTY: 711)**.



Recommended immunization (shots) schedule for persons aged 0 through 6 years^{1,2}

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	19–23 mos	2–3 yrs	4–6 yrs
Hepatitis B (HepB)	✓	✓			✓						
Rotavirus (RV)			✓	✓	✓						
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓		✓				✓
Haemophilus influenzae type b (Hib)			✓	✓	✓	✓					(for high-risk groups)
Pneumococcal (PCV 13)			✓	✓	✓	✓				✓ (PPSV 23, for high-risk groups or as your doctor suggests)	
Inactivated poliovirus (IPV)			✓	✓	✓						✓
Influenza (flu)					✓ (yearly)						
Measles, mumps, rubella (MMR)					(for high-risk groups)	✓					✓
Varicella (VAR)						✓					✓
Hepatitis A (HepA)						✓				✓ (as your doctor suggests, for high-risk groups)	
Meningococcal			✓ (for high-risk groups)								

Recommended immunization (shots) schedule for persons aged 7 through 18 years^{1,2}

Vaccine	7–10 yrs	11–12 yrs	13–18 yrs
Tetanus, diphtheria, pertussis (Tdap)	(catch-up immunizations)	✓ (1 dose)	(catch-up immunizations)
Human papillomavirus (HPV)	(for high-risk groups)	✓ (3 doses, as your doctor suggests)	(catch-up immunizations)
Influenza (flu)	✓ (yearly)		
Pneumococcal (PPSV 23)	(for high-risk groups)		
Hepatitis A (HepA)	(for high-risk groups)		
Hepatitis B (HepB)	(catch-up immunizations)		
Inactivated poliovirus (IPV)	(catch-up immunizations)		
Measles, mumps, rubella (MMR)	(catch-up immunizations)		
Varicella (VAR)	(catch-up immunizations)		
Haemophilus influenzae type b (Hib)	(for high-risk groups)		
Meningococcal	(for high-risk groups)	✓ (1 dose)	✓ (catch-up immunizations) Booster at age 16
Meningococcal B	(for high-risk groups, ages 10–18 years)		

Recommended screenings (tests) for persons aged 0 through 18 years^{1,2,3}

Service	Birth–6 mos	9 mos	12 mos	15 mos	18 mos	19–36 mos	3–10 yrs	11–12 yrs	13–18 yrs	
Routine health exam ^{1,2,3}	At birth, 3–5 days, and at 1, 2, 4, and 6 months	Every 3 months					Every 6 months	Every year		
Lead testing			At 12 months and 24 months, or as your doctor suggests							
Dental visit		Every 6–12 months, or as your dentist suggests								
Blood test	Once between 0–2 months	Check at 4 and 12 months, and during routine health exam if high risk or as your doctor suggests								
Body mass index (BMI)						Starting at age 2, check BMI during routine health exam				

Recommended immunization (shots) schedule for adults^{1,2}

Vaccine	19–26 yrs	27–49 yrs	50–59 yrs	60–64 yrs	65 yrs and over
Tetanus, diphtheria, pertussis (Td/Tdap)	✓ Substitute 1-time dose of Tdap for Td boosters; then boost with Td every 10 years				
Human papillomavirus (HPV)	✓ 3 doses or as your doctor suggests				
Varicella (VAR)	✓ 2 doses				
Zoster				✓ 1 dose	
Measles, mumps, rubella (MMR)	✓ 1 or 2 doses or as your doctor suggests				
Influenza (flu)	✓ Every year				
Pneumococcal (PPSV 23 or PCV 13)	If high risk or as your doctor suggests				✓ 1 dose
Hepatitis A (HepA)	2 or 3 doses if high risk or as your doctor suggests				
Hepatitis B (HepB)	3 doses if high risk or as your doctor suggests				
Haemophilus influenzae type b (Hib)	1 or 3 doses if high risk or as your doctor suggests				
Meningococcal	1 or more doses if high risk or as your doctor suggests				
Meningococcal B	2 or 3 doses if high risk or as your doctor suggests				

Health screenings (tests) for adults^{1,2,4}

Service	19–39 yrs	40–64 yrs	65 yrs and over
Routine health exam^{1,2,4}	Every year		
Hearing screening to check for hearing loss	N/A	As your doctor suggests	
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	N/A	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	As your doctor suggests	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	N/A	For ages 40–49, as your doctor suggests. Beginning at age 50, talk to your doctor about these tests: 1. Fecal occult blood test (FOBT) every year 2. FOBT every 3 years with sigmoidoscopy every 5 years 3. Colonoscopy every 10 years	
Glucose screening to check for blood sugar	Check if high risk	Every 3 years starting at age 50 or as your doctor suggests	
Human Immunodeficiency Virus (HIV)	One-time screening, repeat screening if at high risk		As your doctor suggests
Dental	Every 6 months		
Hepatitis C and Hepatitis B	Screen if high risk or as your doctor suggests		

Health screenings (tests) for women¹

Service	19–39 yrs	40–64 yrs	65 yrs and older
Pelvic exam with Pap test to check for cervical cancer	Starting at age 21, screen every 3 years; starting at age 30, screen every 3–5 years or as your doctor suggests		As your doctor suggests
Mammogram to check for breast cancer	Check every year starting at age 35	Every year, or as your doctor suggests	
Breast exam by doctor	Every 1–3 years	Every year	
Self breast exam/breast self-awareness to check for breast changes	Monthly		
Chlamydia screening to check for Chlamydia, a sexually transmitted disease	Every year through age 24 for sexually active non-pregnant women; every year beginning at age 24 if high risk		
Bone density test to check for bone loss	N/A	Screening based on risk	Every 2 years

Health screenings (tests) for men¹

Service	19–39 yrs	40–64 yrs	65 yrs and older
Prostate-specific antigen (PSA/DRE) to check for prostate cancer	N/A	As your doctor suggests	
Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area)	N/A		Once, for those ages 65–75 who have ever smoked
Testicles self-exam	As your doctor suggests		

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).

³Routine health exams, counseling and education for children and adolescents should include measuring the patient's height, weight, blood pressure, body mass index (BMI), and 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/pre-pregnancy
- 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