

# PREVENTIVE CARE SAVES LIVES

Get screened.

Look inside for preventive  
care recommendations.



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

Confidence comes with every card.®



# SAVE A LIFE ... YOURS



## Blue Cross Blue Shield of Michigan and Blue Care Network members may receive some exams and services at no cost.



**Regular checkups**, the right screenings and a healthy lifestyle can help you prevent or detect life-threatening chronic conditions, such as heart disease, diabetes and cancer.



**Blue Cross and BCN** pays for some preventive care with little or no out-of-pocket costs to you when you choose in-network care.

Before you receive preventive care, make sure you know what your specific health care plan pays and what you must pay.

*I'd been having some blurry vision and was certain I'd get a new eyeglass prescription after seeing my optometrist for my annual eye exam.\* Instead, I got a big surprise when he said, "I'd like you to go to the emergency room." He told me I needed testing for a potentially life-threatening condition of the brain that was causing my optic nerves to swell.*

*While I didn't end up having a deadly aneurism or brain infection, I was diagnosed with idiopathic intracranial hypertension, which causes excess cerebrospinal fluid pressure on the brain and eyes. If I hadn't gotten treatment in a timely manner, permanent blindness and debilitation were possible outcomes.*

*With firsthand experience, I can openly say, preventive care can save your life.*

**Sue A.**  
Member and employee  
Blue Cross Blue Shield of Michigan

\*An annual preventive care eye exam is included with most vision plans.

# RECOMMENDED PREVENTIVE CARE GUIDELINES\*

## INFANTS and TODDLERS BIRTH TO 24 MONTHS

	AGE	GUIDELINE
<b>Well-child exam:</b> Including parental education; growth and development; nutrition; physical activity; vaccines; safety (safe sleep, injury, poison, burn prevention, car seats, secondhand smoke, parental coping); social determinants of health; health risks; and other important issues	0 to 24 months	11 visits
Autism screening	18 to 24 months	Once
Dental screening and fluoride	Beginning at 6 months	choose a dentist
Lead screening blood test	12 to 18 months	Once (if at an increased risk or Medicaid — ask your doctor)
Newborn hearing and metabolic screening	Birth (after 24 hours)	Once (before 1 month old)
<b>IMMUNIZATIONS</b>		
Chickenpox (varicella)	12 to 15 months	First dose
DTaP (diphtheria, tetanus and pertussis)	2, 4 and 6 months 15 to 18 months	First, second and third dose Fourth dose
Flu	6 months and up	Two doses one month apart, then every year
Hepatitis B	Birth 1 to 2 months 6 to 18 months	First dose Second dose Third dose
HiB (Type B flu)	2 to 15 months	Three to four doses depending on vaccine
MMR (measles, mumps and rubella)	12 to 15 months	First dose
Pneumonia	2 months 4 months 6 months 12 to 15 months	First dose Second dose Third dose Fourth dose
Polio	2 months 4 months 6 to 18 months	First dose Second dose Third dose
Rotavirus (stomach virus)	2 to 6 months	Two or three dose series

\*Sources for these guidelines are the Michigan Quality Improvement Consortium and the U.S. Preventive Services Task Force as of August 2021. Guidelines are subject to change.

# RECOMMENDED PREVENTIVE CARE GUIDELINES\*

## CHILDREN and ADOLESCENTS AGES 2 TO 21

	AGE	GUIDELINE
<b>Well-child exam:</b> Discuss growth and development; mental health; dental health; age-appropriate safety issues (injury, motor vehicle safety — car seats, seat belt use, parental coping, secondhand smoke, skin cancer prevention, bicycle safety and helmet use); nutrition (height, weight, body mass index); physical activity; age-appropriate health risks and social determinants of health; substance use disorder; pregnancy prevention	2 to 21 years	Every year
Chlamydia and sexually transmitted infections	11 and older	Every year if sexually active
Cholesterol screening	10 to 12 years and 13 to 21 years	If at an increased risk, screen ages 2 to 8 years and 12 to 16 years.
HIV screening	15 and older	
Vision screening	2 to 6 years old 7 to 12 13 to 21	Before starting school Every 2 years Every 3 years
<b>IMMUNIZATIONS</b>		
Chickenpox (varicella)	4 to 6 years old	Second dose
DTaP (diphtheria, tetanus, and pertussis)	4 to 6 years old	Fifth dose
Flu	2 and older	Every year
HPV, boys and girls	9 to 14 15 to 21	Two doses Three doses
MMR (measles, mumps and rubella)	4 to 6	Second dose
Meningitis vaccine	11 to 12 16	First dose Booster
Polio	4 to 6	Fourth dose
Tdap (tetanus, diphtheria, pertussis)	11 to 12	One dose

\*Sources for these guidelines are the Michigan Quality Improvement Consortium and the U.S. Preventive Services Task Force as of August 2021. Guidelines are subject to change.

## ADULTS AGES 18 TO 49

	AGE	GUIDELINE
<b>Annual physical:</b> Physical and mental health assessment; nutrition (record height, weight, body mass index); physical activity; health risks (including social determinants of health); intimate partner violence; tobacco use; substance use disorder; safety; skin cancer prevention; and other issues	18 to 21 years 21 to 49	Every year Every 1 to 5 years
Blood pressure screening	18 and older	Every year (or more often if at a high risk — ask your doctor)
Breast cancer screening		Discuss with your doctor if before age 50
Depression screening	Everyone 18 to 49, including pregnant and postpartum women	
Diabetes (blood sugar)	40 to 49	If overweight
HIV screening	18 to 49	If you're at increased risk, get screened annually
Pap smear (cervical cancer screening)	Women, 21 to 49	Every 3 years
Sexually transmitted infections	Sexually active women 24 and younger, and older women at increased risk for infection: screen for chlamydia and gonorrhea Anyone at risk for syphilis, hepatitis B and C	Ask your doctor
<b>IMMUNIZATIONS</b>		
Flu		Every year
HPV (human papillomavirus)	26 and younger	Complete one series
Pneumonia, meningitis, hepatitis A, hepatitis B, Hib	Ask your doctor	
Tetanus		Once every 10 years
Varicella (chickenpox)		Two doses if no previous immunization or history of infection — ask your doctor

# RECOMMENDED PREVENTIVE CARE GUIDELINES\*

## ADULTS and SENIORS AGES 50 AND OLDER

	AGE	GUIDELINE
<b>Annual physical:</b> Physical and mental health assessment; nutrition (record height, weight, body mass index); health risks; (personalized based on individual risk and including social determinants of health); tobacco use; substance use disorder; and other issues	50 and older	Every year
Blood pressure check	50 years and older	Every year; more often if reading is higher than 140/90
Colorectal cancer screening	45 to 75, choose one: Blood in stool test Stool DNA mail-in kit Sigmoidoscopy Colon CT scan Colonoscopy	Every year Every 3 years Every 5 years Every 5 years Every 10 years
Diabetes screening (blood sugar)	50 to 70	If overweight
Hepatitis C screening	18 to 79 years	One-time screening — if you're high risk, ask your doctor
HIV screening	50 to 65 years	One-time screening; annually screen if at an increased risk (no age limit — ask your doctor)
Lung cancer screening	Based on individual risk	Ask your doctor
Mammogram (breast exam/cancer screening)	Women, 50 to 74	Every two years
Osteoporosis screening (brittle bones)	Women 50 to 64 Women 65 and older	Ask your doctor At least one bone scan
Pap smear (cervical cancer screening) — not recommended for women who've had a total hysterectomy for benign disease	Women 50 to 65	Every 3 years
Prostate cancer	Men, based on individual risk	Ask your doctor
Sexually transmitted infections	Anyone at risk for syphilis, hepatitis B and C	
<b>IMMUNIZATIONS</b>		
Chickenpox (varicella)	50 and older	Two doses if no previous immunization or history of infection — ask your doctor
Flu	All ages	Every year
Meningitis, hepatitis A, hepatitis B		Ask your doctor
Pneumonia	Before age 65 65 years and older	If risk factors present (ask your doctor) Two doses at least one year apart
Shingles (zoster)	50 or older	Two-dose series
Tetanus	All ages	Once every 10 years

\*Sources for these guidelines are the Michigan Quality Improvement Consortium and the U.S. Preventive Services Task Force as of August 2021. Guidelines are subject to change.



Keep this brochure to help you identify the preventive care you need. The charts, based on age and gender, provide a road map for achieving a healthier life.

This isn't a comprehensive list of care that could be paid by your specific plan. Log in to your online member account at [bcbsm.com](https://bcbsm.com) for more information about your benefits. If you don't have a member account, go to [bcbsm.com/register](https://bcbsm.com/register).

**Schedule your preventive screenings today.**

**CALL YOUR DOCTOR  
TO SCHEDULE AN APPOINTMENT.**

**IF YOU DON'T HAVE A DOCTOR  
FIND ONE AT [bcbsm.com/find-a-doctor](https://bcbsm.com/find-a-doctor).**

Looking for more information about health and well-being?  
**Visit [bcbsm.com](https://bcbsm.com).**



Nonprofit corporations and independent licensees  
of the Blue Cross and Blue Shield Association

Source: [mqic.org/guidelines.htm](https://mqic.org/guidelines.htm)\*

\*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.