**2019 General Wellness Guidelines: To discuss with your Health Care Provider**

### Adult (age 19+) Wellness Schedule

Be sure to review your plan benefits to determine your costs for these services.

<table>
<thead>
<tr>
<th>Routine Health Guide</th>
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</thead>
<tbody>
<tr>
<td>Annual Wellness and Routine Check-up</td>
<td>Annually: Discuss related screening with your doctor</td>
</tr>
<tr>
<td>Obesity Screening: Diet/Physical Activity/ BMI Counseling</td>
<td>Annually</td>
</tr>
<tr>
<td>Vision and Dental Exam (These services may not be covered by your medical benefits plan. Check your plan documents.)</td>
<td>Annually: Discuss with your doctor</td>
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</tbody>
</table>

### Recommended Diagnostic Checkups and Screenings for At-Risk Patients

| Abdominal Aortic Aneurysm (AAA) Check | One-time screening for ages 65 to 75 who have ever smoked or have a family history of AAA |
| Bone Mineral Density Screening and prescribed medication for Osteoporosis | Women beginning at age 65 or older; and in younger women who have an increased risk |
| Cholesterol Screening | Age 35+; Age 20-35 at risk Annually: All Men; Age 45+; Age 20-45 at risk Annually: All Women |
| Colorectal Cancer Screening and Counseling | Age 50-75; Colonoscopy or fecal occult blood test or sigmoidoscopy |
| Mammogram | Annually at age 40. |
| Pap Test/Pelvic Exam | Women age 21-29 should have a Pap Test every 3 years. Women age 30-65 should have a Pap Test alone every 3 years or combined with HPV testing every 5 years. Women ages 65+ should discuss with their doctor. |

**HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling**

As indicated by history and/or symptoms. Discuss with your doctor behavioral risks

| Lung Cancer Screening and Counseling | Ages 55-80; 30 pack smoker history, current smoker/quit within past 15 years |
| Prostate Cancer Screening | Discuss with your doctor |
| Skin Cancer Screening | Discuss with your doctor |

### Guidance

Screen/Counseling: Depression, Obesity, Tobacco, Alcohol, Substance Abuse and Pregnancy

Every visit, or as indicated by your doctor

Fall Risk/Unintentional Injury/Domestic Violence Prevention/Seat Belt Use

Discuss exercise and home safety with your doctor

Medication List (including over-the-counter and vitamins) for potential interactions

Every visit, or as indicated by your doctor

Advance Directives/Living Will

Annually

### Immunizations* (Routine Recommendations)

| Tetanus, Diphtheria, Pertussis (Td/Tdap) | Ages 19+: Tdap vaccine once, then a Td booster every 10 years |
| Flu (Influenza) | Annually during flu season |
| Pneumococcal PCV13 and PPSV23 | Ages 19-64: if risk factors are present; Ages 65+: 1-2 doses (per CDC); Ages 50+:1 dose (Florida Blue Benefits) |
| Shingles (Zoster) | Ages 60+: 1 dose Zostavax (per CDC); Ages 50+: 2 doses Shingrix (Florida Blue Benefits) |
| Haemophilus Influenzae Type b (HIB) Hepatitis A, Hepatitis B, Meningococcal | Ages 19+: if risk factors are present |
| Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR), Varicella (Chickenpox) & Hepatitis C (HCV) Infection Screening | Physician recommendation based on past immunization or medical history |

* Some immunizations are contraindicated for certain conditions; discuss with your doctor.

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**Florida Blue**

**In the pursuit of health**

**Live a Healthy Lifestyle**

- Get your annual wellness exam to review your overall health and keep follow-up visits with your doctor.
- Find out if you are at risk for health conditions such as diabetes.
- Get your vaccines, preventive screenings and labs.
- Human Papillomavirus (HPV) vaccine 3 dose series is recommended for men and women ages 19 through 26 years if not previously vaccinated prior to age 13.
- Talk with your doctor about the medications and over-the-counter/vitamins you are taking to reduce side effects and interactions.
- Get a Flu Vaccine every year to prevent illness and related hospitalizations.

**We’re here to help:**

**Call**

Customer Service 1-800-FLA-BLUE (1-800-352-2583) TTY/TDD Call 711

Care Consultant Team 1-888-476-2227

24-Hour Nurseline 1-877-789-2583

Go to floridablue.com Visit a Florida Blue Center Go to floridabluecenters.com for locations or call 1-877-352-5830

**Sources:** These guidelines are recommendations from the organizations listed below and were not developed by Florida Blue.

www.ahrq.gov

www.cdc.gov

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### Immunizations

**Hepatitis A** 2 dose series, 12-23 months

**Hepatitis B** 1st dose 2nd dose 3rd dose

**Diphtheria, Tetanus, Pertussis (DTaP)** 1st dose 2nd dose 3rd dose 4th dose 5th dose

**Tetanus, Diphtheria, Pertussis (Tdap)** 1st dose 2nd dose 3rd or 4th dose, see footnote **

**Inactivated Poliovirus** 1st dose 2nd dose 3rd dose 4th dose 5th dose

**Measles, Mumps, Rubella (MMR)*** 1st dose 2nd dose

**Varicella** 1st dose 2nd dose

**Pneumococcal PCV13 and PPSV23** 1st dose 2nd dose 3rd dose 4th dose

**Flu (Influenza)**

<table>
<thead>
<tr>
<th>Months</th>
<th>6 months through 8 years</th>
<th>9 years and older</th>
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<tbody>
<tr>
<td>1 dose</td>
<td>2 doses</td>
<td>1 dose</td>
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**Human Papillomavirus (HPV)** Vaccine

- Two or three doses over six months, beginning at ages 11-12. (Two doses if started before 15th birthday or three if started on or after 15).
- Protects boys and girls against HPV, which can lead to cancers and genital warts.

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- Two or three doses over six months, beginning at ages 11-12. (Two doses if started before 15th birthday or three if started on or after 15).
- Protects boys and girls against HPV, which can lead to cancers and genital warts.

**Flu Vaccine**

- Every year after six months of age.
- Protects individuals from getting the influenza virus.

**Sources:** These guidelines are recommendations from the organizations listed below and were not developed by Florida Blue.

- www.cdc.gov
- www.aap.org

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* These are routine immunizations based upon cdc.gov recommendations. Range of recommended ages for catch-up or certain high-risk groups is at the doctor’s discretion based on the member’s family history and personal risk factors.

** Dosages determined by doctor with the type of brand vaccine used.

*** Those in an outbreak area, aged ≥12 months who previously received ≤ 2 doses should receive a dose of mumps virus containing vaccine.