

Preventive health guidelines

As of May 2018

What is your plan for better health?

Make this year your best year for wellness.

Routine wellness exams help you and your family stay well. Talk with your doctor about the care that is right for you.

To learn more about what Amerigroup Community Care covers, see your member handbook or call Member Services at the number on your ID card. You also can check www.myamerigroup.com/NJ to learn about your benefits and health topics from A to Z.

The content in this guide is based in part on suggestions from these independent groups and based on state-specific requirements:

- **AAFP** — American Academy of Family Physicians
- **AAP** — American Academy of Pediatrics - Bright Futures
- **ACIP** — Advisory Committee on Immunization Practices
- **ACOG** — American College of Obstetricians and Gynecologists
- The American Cancer Society
- **CDC** — Centers for Disease Control and Prevention
- **USPSTF** — U.S. Preventive Services Task Force

This guide is just for you to learn from.

It is not meant to take the place of medical care or advice. It is for members of Amerigroup.

Please talk with your doctor if you have concerns about your health.

Use this guide to know when to set up doctor visits for you and your children. Ask your doctor which exams, tests and vaccines are right for you, when you should get them, and how often. This guide does not mention every condition and treatment, so be sure to talk with your doctor.

To learn more about vaccines, please see the Centers for Disease Control and Prevention (CDC) website: www.cdc.gov.



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To learn more about your plan, please see
www.myamerigroup.com/NJ.

Well-baby and child screenings

Well-baby exam

All infants should be seen by a doctor when 3 to 5 days old and 48 to 72 hours after leaving the hospital. Infants who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor when 2 to 4 days old. At the well-baby exams, you may get advice on your child's safety, dental care, healthy eating and development. At these exams, your baby may get vaccines or other screenings, such as tuberculin, urine testing and/or sickle cell anemia testing, if needed.



Screenings	Appropriate time
Weight, length and head circumference (the length around the head)	At each visit
BMI*	At 24 months
Newborn metabolic, sickle cell and thyroid screening	Birth to 2 months (ideally at 3-5 days); bilirubin at birth
Development and behavior	At 9 months, at 18 months and at each visit
Hearing	As a newborn and when your doctor suggests
Vision	At each visit
Oral/dental health	Dental exams yearly starting at age 1 or when first tooth comes in Fluoride varnish: beginning when first tooth comes in, then at each visit up to 4 times a year; fluoride prescription based on your drinking water
Hemoglobin or hematocrit (blood count)	Once between 9 and 12 months, then each year and as your doctor suggests
Lead testing	Verbal risk assessment for lead toxicity at every periodic visit to children at least 6 months and less than 72 months. For children at low risk for high doses of lead exposure, a screening blood lead test must be performed once between 9 and 18 months, preferably at 12 months, and once between 18-26 months, preferably at 24 months. If a child between 24 months and 72 months has not received a screening blood lead test, the child must receive the blood lead test immediately, regardless of whether the child is determined to be a low or high risk.
Autism	At 18 and 24 months
Maternal postpartum depression	At 1, 2, 4 and 6 months
Urine	As your doctor suggests
Tuberculosis (TB) screening	Each year and when medically indicated
Physical activity	Each year
Nutritional assessment	Each year

*Height and weight is used to find BMI. BMI is used to see if a person has the right weight for their height or is under or overweight for their height.

Well-child exam

You may get advice about:

- How to keep your child safe
- How to prevent injuries
- Counseling to reduce the risks of getting skin cancer
- Good health, diet and physical activity, and development
- Annual dental referrals starting at age 1 or earlier if needed

At these well-child exams, your child may get vaccines and these screenings, or added screenings such as tuberculin and urine testing, if needed.



Screenings	Appropriate time
Height, weight, body mass index (BMI) percentile*	At each visit
Development and behavior	At each visit
Vision	Each year
Speech and hearing	Each year age 3 and older
Oral/dental health	Dental exams twice a year Fluoride varnish on the teeth when your doctor suggests between 2½ and 5 years; fluoride prescription based on your drinking water
Lead testing	Verbal risk assessment for lead toxicity at every periodic visit to children at least 6 months and less than 72 months. For children at low risk for high doses of lead exposure, a screening blood lead test must be performed once between 9 and 18 months, preferably at 12 months; once between 18-26 months, preferably at 24 months. If a child between 24 months and 72 months has not received a screening blood lead test, the child must receive the blood lead test immediately, regardless of whether the child is determined to be a low or high risk.
Hemoglobin or hematocrit (blood count)	At minimum each year and as your doctor suggests
Blood pressure	Each year starting at 3 years
Lipid disorder	Once between ages 9 and 11 and as your doctor recommends
Urine	As recommended by your doctor

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Well-child exam

The doctor may talk to you about health and wellness issues. These may include:

- Diet and physical activity
- Healthy weight
- Dental health
- Dentist referral each year
- Mental health, including depression screening
- Sexual behavior and screening for sexually transmitted infections (STIs)
- How to prevent injuries
- Counseling to reduce the risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Secondhand smoke
- Avoiding tobacco, alcohol and drugs



At these exams, your child may get vaccines and these screenings or added screenings, such as tuberculin and urine testing, if needed.

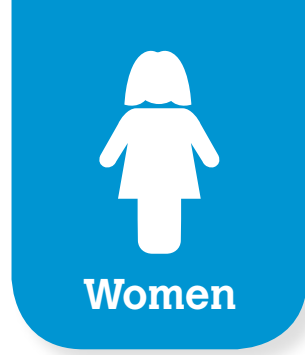
Screenings	Appropriate time
Height, weight, BMI percentile*	To age 18 then BMI each year
Development and behavioral surveillance	Each year
Depression	Each year
Blood pressure	Each year
Vision	Each year
Hearing	Each year
Oral/dental health	Dental visit each year, fluoride prescription based on your drinking water (ages 11 through 16)
Hemoglobin or hematocrit (blood count)	Each year and as your doctor suggests
Chlamydia	For sexually active women
HIV	Screening once between ages 15 and 18
Lipid disorder	Each year or as your doctor recommends
Urine	As your doctor suggests
Sexually transmitted infections screening	For sexually active individuals beginning at age 11
Tuberculosis (TB) screening	Each year and when medically indicated



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Adult screenings

Well-person exam



The doctor may help talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning
- Contraceptive education, methods, counseling, and services so that women can better avoid unwanted pregnancies and space their pregnancies to promote optimal birth outcomes
- Folic acid for women who are of the age to get pregnant
- Sexual behavior and screening for sexually transmitted infections (STIs)
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Intimate partner violence
- Use of drugs and alcohol
- Secondhand smoke
- How to stop using tobacco
- Dental health
- Mental health, including screening for depression
- How to prevent injuries
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks

At this visit, you may get vaccines and these screenings:

Screenings	Appropriate time
Height, weight	Each year or as your doctor suggests
BMI*	Each year or as your doctor suggests
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.
Breast cancer: Doctor exam	Every 1 to 3 years. Each year from age 40 to 65+.
Breast cancer: Mammogram**	Baseline (first) mammogram between ages 35 and 40 years old and then each year from age 40 to 65+
Cervical cancer: Ages 20-29	Pap test every 3 years
Cervical cancer: Ages 20-65	Pap test every 3 years or HPV testing alone every 5 years
Cervical cancer: Ages 65+	Stop screening at age 65 if last three Pap tests or last two co-tests (Pap plus HPV) within the previous 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screening with your doctor.
Colorectal cancer	At age 50 and continuing until age 75 years; your doctor may suggest any of the following test options: <ul style="list-style-type: none"> ■ FIT: fecal immunochemical test ■ FIT-DNA: multitargeted stool DNA test ■ gFOBT: guaiac-based fecal occult blood test ■ Colonoscopy ■ CT colonography ■ Flexible sigmoidoscopy
Chlamydia and gonorrhea	Sexually active women age 24 and younger
Cholesterol	Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease
Glucose screening for type 2 diabetes	As your doctor suggests from age 40 to 70 if you are overweight or obese. Individuals with high glucose should talk to their doctor about intensive counseling interventions to promote a healthful diet and physical activity.
Hepatitis C	Screen once if born between 1945-1965
Osteoporosis	The test to check how dense your bones are should start no later than age 65; women at menopause should talk to their doctor about osteoporosis and have the test when at risk.

Well-person exam



Pregnant women should see their doctor or OB/GYN in their first three months of pregnancy for a first visit and to set up a prenatal care plan. At this visit, your doctor will check your health and the health of your baby.

Based on your past health, your doctor may want you to have these tests, screenings or vaccines:

- **Depression** — screening during and after pregnancy
- **Diabetes** — during pregnancy
- **Hematocrit/hemoglobin (blood count)**
- **Hepatitis B**
- **HIV**
- **Preeclampsia (blood pressure)** — during pregnancy
- **Rubella immunity** — to find out which women need the rubella vaccine after giving birth
- **Rh(D) blood type and antibody testing** — if Rh(D) negative, repeat test at 26 to 28 weeks
- **Syphilis**
- **Urinalysis** — when your doctor suggests
- **Group B strep testing**

The doctor may talk to you about what to eat and how to be active when pregnant as well as staying away from tobacco, drugs, alcohol and other substances. Your doctor will provide information during pregnancy and after birth to support breastfeeding, lactation supplies and counseling.

Other tests and screenings:

Some additional tests can be used to check the baby for health concerns. These tests are done at certain times while you are pregnant. The best test to use and the best time to do it depends on many things. These include your age as well as your medical and family history. Talk to your doctor about what these tests can tell you about your baby, the risks of the tests and which tests may be best for you.

- **Amniocentesis**
- **Chorionic villus sampling**
- **Special blood tests**
- **Ultrasound tests**, including special tests (used with blood tests during the first three months for chromosomal abnormality risk) and routine two-dimensional tests to check on the baby

Medications:

If you are high risk for a condition called preeclampsia, your doctor may recommend the use of low-dose aspirin as preventive medicine.

Vaccines:

If you are pregnant in flu season (October to March), your doctor may want you to have the inactivated (killed) flu vaccine. Pregnant adolescents and adults should be vaccinated with Tdap vaccine with each pregnancy.

Tdap should be administered between 27 and 36 weeks gestation, although it may be given at any time during pregnancy.

While other vaccines may be given in special cases, it is best to get the vaccines you need before you get pregnant. Women should always check with their doctor about their own needs.

You should NOT get these vaccines while you are pregnant:

- **Measles, mumps, rubella (MMR)**
- **Varicella (chickenpox)**

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**Women should talk to their doctor and make a personal choice about the best age to begin screening and the potential to screen every two years when older.

Well-person exam

The doctor may talk with you about health and wellness issues. These include:

- Diet and physical activity
- Family planning
- How to prevent injuries
- Use of drugs and alcohol
- How to stop using tobacco
- Secondhand smoke
- Sexual behavior and screening for sexually transmitted infections (STIs)
- Screening for HIV
- Screening for hepatitis B (HBV) if high risk
- Counseling to reduce your risk of getting skin cancer; special risks you might have for cancer (such as family history) and steps you can take to reduce those risks
- Dental health
- Mental health, including screening for depression



At this visit, you may get vaccines and these screenings:

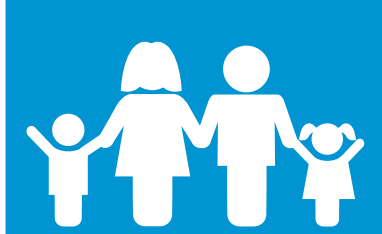
Screenings	Appropriate time
Height, weight	Each year or as your doctor suggests
BMI*	Each year or as your doctor suggests
Abdominal aortic aneurysm	One time for ages 65-75 for those who have ever smoked
Blood pressure	Each year or as your doctor suggests. High measurements should be confirmed in the home setting.
Cholesterol	Statin use may be recommended for some people ages 40 to 75 years who are at increased risk for cardiovascular disease
Colorectal cancer	At age 50 and continuing until age 75 years; your doctor may suggest any of the following test options: <ul style="list-style-type: none"> ■ FIT: fecal immunochemical test ■ FIT-DNA: multitargeted stool DNA test ■ gFOBT: guaiac-based fecal occult blood test ■ Colonoscopy ■ CT colonography ■ Flexible sigmoidoscopy
Glucose screening for type 2 diabetes	As your doctor suggests from 40 to 70 if you are overweight or obese. Individuals with high glucose should talk to their doctor about intensive counseling to promote a healthy diet and physical activity.
Hepatitis C	Screen once if born between 1945-1965
Prostate cancer	If you are 55 to 69, discuss with your doctor the risks and benefits of the prostate cancer tests

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Suggested vaccine schedule

For more information about vaccinations, visit www.cdc.gov/vaccines.



Vaccine	Age														
	Birth	1-2 months	2 months	4 months	6 months	6-18 months	12-15 months	15-18 months	19-23 months	4-6 years	11-12 years	13-18 years	19-64 years	65+ years	
Hepatitis B	✓	✓				✓									
Rotavirus (RV)			✓ 2-dose or 3-dose series												
Diphtheria, tetanus, pertussis (DTaP)			✓	✓	✓			✓		✓					
Tetanus, diphtheria, pertussis (Td/Tdap)										✓ Tdap			✓ Td booster Every 10 years		
Haemophilus influenza type b (Hib)		✓ 3-4 doses between 2 months to 15 months with 1st dose at 2 months, last dose at 12-15 months													
Pneumococcal conjugate (PCV)		✓	✓	✓		✓									
Inactivated polio virus (IPV)		✓	✓			✓				✓					
Influenza (flu)			Suggested each year from 6 months to 65+ years of age; recommended for children between 6 months and 8 years								2 doses at least 4 weeks apart are who are getting vaccine for the first time				
Measles, mumps, rubella (MMR)							✓			✓					
Varicella (chickenpox)							✓			✓					
Hepatitis A							✓ 2-dose series between 12-23 months								
Human papillomavirus (HPV)										✓ 2-dose series					
Meningococcal										✓		✓ At age 16 MenB-FHbp: 16-23			
Pneumococcal 13-valent conjugate (PCV13)													✓ Suggested for certain individuals at risk		
Pneumococcal polysaccharide (PPSV23)													✓ Suggested for certain individuals at risk		
Zoster (HZ/su)													✓ 2-dose series for ages 50+		

*For more information on the updated recommendations, see Centers for Disease Control website: Use of a 2-Dose Schedule for Human Papillomavirus Vaccination — Updated Recommendations of the Advisory Committee on Immunization Practices (December 16, 2016): www.cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm.

Hepatitis B — The first dose should be administered within 24 hours of birth to address births outside of the hospital. You may get an extra dose (four-dose series) at 4 months if the combination vaccine is used after the birth dose.

Rotavirus (RV) — Get two-dose or three-dose series (depends on brand of vaccine used).

Tdap (teens) — If you are 13 to 18 years of age and have not had this vaccine before, talk to your doctor about a catch-up vaccine.

Tdap (adults) — If you are 19 years of age or older and have not gotten a dose of Tdap before, you should get a single dose.

Haemophilus influenza type b (Hib) — Get three-dose or four-dose series (depends on brand of vaccine used).

Pneumococcal conjugate (PCV) — Children aged 14 months through 59 months who have received an age-appropriate series of 7-valent PCV (PCV7) get a single supplemental dose of 13-valent PCV (PCV13).

Influenza (flu) — Refer to www.flu.gov or www.cdc.gov to learn more about this vaccine. (Note: Children 6 months to 8 years of age having the vaccine for the first time should have two doses separated by four weeks.)

Measles, mumps, rubella (MMR) and varicella (chickenpox) — Teens and adults should be up-to-date on their MMR vaccinations. Chickenpox vaccines are recommended for children who have not had chickenpox.

Human papillomavirus (HPV) — Eleven to 12-year-olds receive two doses of HPV vaccine at least six months apart. Teens and young adults who start the series later, at ages 15 through 26 years, will need three doses of HPV vaccine to protect against cancer-causing HPV infection. The vaccination series can start at age 9 years.

Meningococcal — When given to healthy adolescents who are not at increased risk for meningococcal disease, two doses of MenB-FHbp should be administered at 0 and 6 months. If the second dose is given at an interval of less than six months, a third dose should be given at least six months after the first dose. For persons at increased risk for meningococcal disease and for use during serogroup B outbreaks, three doses of MenB-FHbp should be administered at 0, 1-2, and 6 months.

Pneumococcal 13-valent conjugate (PCV13)/Pneumococcal polysaccharide (PPSV23) — Adults 65 years and older and certain adults younger than 65 who are considered at risk are recommended to receive both a PCV13 and PPSV23. Ask your doctor about the dosing recommendation that is right for you.

Zoster — Two doses of the Shingrix (HZ/su) vaccine, given 2 to 6 months apart, is recommended for adults 50 years and older, including individuals who previously received the Zostavax shingles vaccine.



Do you need help with your health care, talking with us, or reading what we send you? We provide our materials in other languages and formats at no cost to you. Call us toll free at 1-800-600-4441 (TTY 711).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos sin costo alguno para usted. Llámenos a la línea gratuita al 1-800-600-4441 (TTY 711).