You can take steps today toward a healthier future!

Your health plan pays for certain tests to find disease early, routine wellness exams, and shots to help you and your family stay well. This is called preventive care.

Using this guide
This guide does not mention every condition and treatment. Ask your doctor which exams, tests, and vaccines are right for you or your child, when you should get them, and how often.

Guidelines are based on state-specific requirements and tips from health experts, including:

- 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
- ACS — American Cancer Society
- CDC — Centers for Disease Control and Prevention
- USPSTF — U.S. Preventive Services Task Force

Your plan may not pay for all the services and treatments listed.
To learn more about what your plan covers, either:

- Check the member handbook
- Call Member Services at the number on your member ID card
- Visit www.myamerigroup.com/WA

This guide is to give general information.
It’s not meant to give personal medical advice. Get medical advice straight from your doctor.

Amerigroup
An Anthem Company
Well-baby and child exams

Well-baby exam

Infants should be seen by a doctor at birth, at the following ages and as the doctor suggests:

- 3-5 days old
- 4 months
- 12 months
- 18 months
- 1 month
- 6 months
- 15 months
- 24 months
- 2 months
- 9 months

During a well-baby exam, you may get advice on your child’s safety, dental care, healthy eating and development. Your baby may also get vaccines or other screenings, such as tuberculin, urine testing, and/or sickle cell anemia testing, if needed.

Screenings | When to get them
---|---
Weight, length and head circumference (the length around the head) | At each visit
BMI percentile* | At 24 months
Newborn metabolic (such as phenylketonuria), sickle cell and thyroid screening | Birth-2 months (best at 3-5 days)
Bilirubin at birth | Referral to a dentist, if needed — begin yearly dental exams starting at age 1
Critical congenital heart defect (birth defects of the heart) | 0-6 weeks
Development | At 9-11 months, 18 months
Monitoring at 0-6 weeks, 2-3 months, 4-5 months, 6-8 months, 12-14 months and 15-17 months
Behavior | At each visit
Hearing | 0-6 weeks
Risk assessment at each visit, follow up if needed
Vision | At 2 and 24 months
Instrument-based screening to assess risk
Oral/dental health | Referral to a dentist, if needed — begin yearly dental exams starting at age 1
Fluoride varnish risk assessment starting at 4-5 months, follow up if needed
Fluoride prescription risk assessment at each visit (starting 6-8 months), follow up if needed
Hemoglobin or hematocrit (blood count) | Once between 9-12 months, then as your doctor suggests
Lead testing | At 12-14 months. Risk assessment or screening at each visit.
Autism | At 18 and 24 months
Maternal/caregiver depression | At 6 months
Urine | As your doctor suggests
Health and family health history | At each visit
Physical exam | Each year
Blood pressure | Assess risk at each visit, follow up if needed
Tuberculosis | At 0-6 weeks, 6-8 months, 12-14 months
Children with HIV need yearly testing

Well-child exam

During a well-child exam, you may get advice about:

- How to keep your child safe
- Good health, diet, physical activity and development
- How to prevent injuries
- Yearly dental exams, if needed
- How to reduce the risk of getting skin cancer

Your child may get vaccines and these screenings, plus added screenings such as tuberculin and urine testing, if needed.

Screenings | When to get them
---|---
Height, weight, BMI percentile* | At each visit
Health history | At each visit
Development | At 30 months
Monitor at each visit
Vision | At each visit
Hearing | At each visit
Oral/dental health | Referral to a dentist, if needed — begin yearly dental exams starting at age 1
Fluoride varnish, fluoride treatment and risk assessment at each visit (between 2½-10 years), follow up if needed
Hemoglobin or hematocrit (blood count) | Risk assessment at each visit, follow up if needed
Blood pressure | Each year
Lipid disorder (cholesterol problems) | Once between ages 9-10
Risk assessment at each visit, follow up if needed
Lead testing | Risk assessment at each visit up to age 6, follow up if needed
Tuberculosis | Risk assessment at each visit, follow up if needed
Physical exam | Each year

*Height and weight are used to find BMI. BMI is used to see if a person has the right weight for their height or is under or over weight for their height.
Well-child exam

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

- Diet and physical activity
- Healthy weight
- Safe sex and screening for sexually transmitted infections (STIs)
  - Including intimate partner violence
- How to prevent injuries
- Skin cancer risks, going over family history and how to reduce risks
- Avoiding secondhand smoke

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

### Screenings

<table>
<thead>
<tr>
<th>Screenings</th>
<th>When to get them</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height, weight, BMI*</td>
<td>Percentile to age 18, then BMI each year</td>
</tr>
<tr>
<td>Development and behavior</td>
<td>At each visit</td>
</tr>
<tr>
<td>Depression</td>
<td>At each visit</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>At each visit</td>
</tr>
<tr>
<td>Vision</td>
<td>At ages 11-12 and 15-16 years</td>
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<tr>
<td></td>
<td>Risk assessment at ages 13-14, 17-18, 19-20, follow up if needed</td>
</tr>
<tr>
<td>Hearing</td>
<td>At each visit</td>
</tr>
<tr>
<td>Oral/dental health</td>
<td>Each year, fluoride prescription risk assessment at ages 11-12, 13-14 and 15-16, follow up if needed</td>
</tr>
<tr>
<td>Hemoglobin or hematocrit (blood count)</td>
<td>Risk assessment at each visit, follow up if needed</td>
</tr>
<tr>
<td>Lipid disorder (cholesterol problems)</td>
<td>Risk assessment at each visit, follow up if needed</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>If sexually active</td>
</tr>
<tr>
<td>HIV</td>
<td>Risk assessment once between ages 15-18</td>
</tr>
<tr>
<td>STIs</td>
<td>Risk assessment at each visit, follow up if needed</td>
</tr>
<tr>
<td>Tobacco, alcohol or drug use</td>
<td>Risk assessment at each visit, follow up if needed</td>
</tr>
<tr>
<td>Physical exam</td>
<td>Each year</td>
</tr>
<tr>
<td>Health history</td>
<td>At each visit</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>Risk assessment at each visit, follow up if needed</td>
</tr>
</tbody>
</table>

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

Wellness exam

During a wellness exam, the doctor may talk with you about:

- Diet and physical activity
- Family planning
- Birth control types and methods to help avoid unwanted pregnancy and spacing out pregnancies to have the best birth outcomes
- Folic acid for women who are the right age to get pregnant
- Safe sex and screening for STIs, including:
  - Screening for HIV
  - Screening for hepatitis B (HBV) if high risk
  - Intimate partner violence
  - How to prevent injuries
  - Skin cancer risks, going over family history and how to reduce risks
- Misuse of drugs and alcohol
- Avoiding secondhand smoke
- 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
- Statins (cholesterol medicine) may be recommended for some people ages 40-75
- Risk factors that increase the chances of getting a cardiovascular disease
- Intensive counseling interventions to promote a healthy diet and physical activity
- 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:

<table>
<thead>
<tr>
<th>Screening</th>
<th>When to get them</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height, weight, BMI*</td>
<td>Each year or as your doctor suggests</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Each year or as your doctor suggests. High measurements should be confirmed in the home setting.</td>
</tr>
<tr>
<td>Breast cancer: Doctor exam</td>
<td>Every 1-3 years</td>
</tr>
<tr>
<td>Breast cancer: Mammogram** (breast X-ray)</td>
<td>Each year from age 40-65+</td>
</tr>
<tr>
<td>Cervical cancer: Ages 21-29</td>
<td>Pap test every 3 years</td>
</tr>
<tr>
<td>Cervical cancer: Ages 30-65</td>
<td>Pap test every 3 years or HPV testing alone or in combination with Pap test every 5 years</td>
</tr>
<tr>
<td>Cervical cancer: Ages 65+</td>
<td>Stop screening at age 65 if last 3 Pap tests or last 2 co-tests (Pap plus HPV) within the last 10 years were normal. If there is a history of an abnormal Pap test within the past 20 years, discuss continued screenings with your doctor.</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>At age 50 and continuing until age 75, your doctor may suggest any of the following test options: FIT: fecal immunochemical test, FIT-DNA: multigene targeted stool test, DNA test, gFOBT: guaiac-based fecal occult blood test</td>
</tr>
<tr>
<td>Chlamydia and gonorrhea</td>
<td>If sexually active, ages 24 and younger</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Statins (cholesterol medicine) may be recommended for some people ages 40-75 who have a higher risk of getting cardiovascular disease</td>
</tr>
<tr>
<td>Glucose screening for type 2 diabetes</td>
<td>As your doctor suggests from ages 40-70 if you are overweight or obese. Individuals with high glucose (blood sugar) should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>Screen once if born between 1945-1965</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>The test to check how dense your bones are should start no later than age 65. Women in menopause should talk to their doctor about osteoporosis and have the test when at risk.</td>
</tr>
</tbody>
</table>

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

- Hepatic function tests
- Random blood glucose screening
- Fasting blood glucose screening
- Blood cholesterol and triglyceride screening
- Hemoglobin and hematocrit test
- Urinalysis
- Glucose screening for diabetes
- Urine culture
- Flexible sigmoidoscopy
- Mammography

Medications:
- If you are high risk for a condition called preeclampsia, your doctor may recommend taking a low-dose aspirin as a preventive medicine.

Vaccines:
- If you’re pregnant during flu season (October-March), your doctor may want you to have the inactivated (killed) flu vaccine.

Other vaccines may be given in special cases, it’s 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 mammograms and the potential to screen every two years when older.
Wellness exam

During a wellness exam, the doctor may talk with you about:

- Diet and physical activity
- Family planning
- How to prevent injuries
- Misuse of drugs and alcohol
- If using tobacco, how to quit
- Avoiding secondhand smoke
- Safe sex and screening for STIs, including:
  - Screening for HIV
  - Screening for hepatitis B (HBV) if high risk
- Skin cancer risks, going over family history and how to reduce risks
- Dental health
- Mental health, including depression

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

<table>
<thead>
<tr>
<th>Screenings</th>
<th>When to get them</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height, weight, BMI*</td>
<td>Each year or as your doctor suggests</td>
</tr>
<tr>
<td>Abdominal aortic aneurysm</td>
<td>One time for ages 65-75 for those who have ever smoked</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>Each year or as your doctor suggests. High measurements should be confirmed in the home setting.</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Statins (cholesterol medicine) may be recommended for some people ages 40-75 who have a higher risk of getting cardiovascular disease</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>At age 50 and continuing until age 75; your doctor may suggest any of the following test options:</td>
</tr>
<tr>
<td></td>
<td>■ FIT: fecal immunochemical test</td>
</tr>
<tr>
<td></td>
<td>■ FIT-DNA: multtargeted stool DNA test</td>
</tr>
<tr>
<td></td>
<td>■ gFOBT: guaiac-based fecal occult blood test</td>
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<tr>
<td></td>
<td>■ Colonoscopy</td>
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<td></td>
<td>■ CT colonography</td>
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<tr>
<td></td>
<td>■ Flexible sigmoidoscopy</td>
</tr>
<tr>
<td>Glucose screening for type 2 diabetes</td>
<td>As your doctor suggests from ages 40-70 if you are overweight or obese. Individuals with high glucose (blood sugar) should talk to their doctor about intensive counseling interventions to promote a healthy diet and physical activity.</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>Screen once if born between 1945-1965</td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>If you are ages 55-69, talk with your doctor about the risks and benefits of prostate cancer tests</td>
</tr>
</tbody>
</table>

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**Suggested vaccine schedule**

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

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Birth</th>
<th>1-2 months</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>6-18 months</th>
<th>12-15 months</th>
<th>15-18 months</th>
<th>19-23 months</th>
<th>4-6 years</th>
<th>11-12 years</th>
<th>13-18 years</th>
<th>19-64 years</th>
<th>65+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis B</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Rotavirus (RV)</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Diphtheria, tetanus, pertussis (DTaP)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Tetanus, diphtheria, pertussis (Td/Tdap)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Haemophilus influenzae type b (Hib)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<td></td>
<td>✓</td>
<td>✓ Every 10 years</td>
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<tr>
<td>Pneumococcal conjugate (PCV)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Inactivated poliovirus (IPV)</td>
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<td>✓</td>
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<tr>
<td>Influenza (flu)</td>
<td>✓</td>
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<tr>
<td>Measles, mumps, rubella (MMR)</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Varicella (chickenpox)</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Hepatitis A</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Human papillomavirus (HPV)</td>
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<tr>
<td>Meningococcal</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Pneumococcal 13-valent conjugate (PCV13)</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Pneumococcal polysaccharide (PPSV23)</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Zoster (HZ/su)</td>
<td>✓</td>
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</table>

**Hepatitis B** — The first dose should be given 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 your child is 13-18 years of age and has not had this vaccine before, talk to the doctor about a catch-up vaccine.

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

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

**Pneumococcal conjugate (PCV)** — Children ages 14 months-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)** — Visit www.flu.gov or www.cdc.gov to learn more about this vaccine. (Note: Children 6 months-8 years old having the vaccine for the first time should have two doses four weeks apart.)

**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 twelve-year-olds receive two doses of the HPV vaccine at least six months apart. Teens and young adults who start the series later (at ages 15-26) will need three doses of HPV vaccine to protect against cancer-causing HPV infection. The vaccine series can start at age 9.

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

**Pneumococcal 13-valent conjugate (PCV13) / Pneumococcal polysaccharide (PPSV23)** — Adults age 65 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 dosage that is right for you.

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

*For more information about updated HPV vaccines, see the Centers for Disease Control and Prevention website: Use of a 2-Dose Schedule for Human Papillomavirus Vaccination — Updated Recommendations of the Advisory Committee on Immunization Practices (December 16, 2016): cdc.gov/mmwr/volumes/65/wr/mm6549a5.htm.
For members who don’t speak English, or are Deaf, Deaf Blind, or Hard of Hearing, we offer no-cost interpretation services for all languages as well as auxiliary aids to assist you. To get these services, call 1-800-600-4441 (TTY 711) Monday through Friday from 8 a.m. to 5 p.m. Pacific time.

Para los miembros que no hablan inglés, tienen sordera, sordera y ceguera, o dificultad auditiva, ofrecemos servicios de interpretación oral sin costo en todos los idiomas; así como también asistencia adicional para ayudarlo. Para recibir estos servicios, llame al 1-800-600-4441 (TTY 711), de lunes a viernes, de 8 a.m. a 5 p.m., hora del Pacífico.