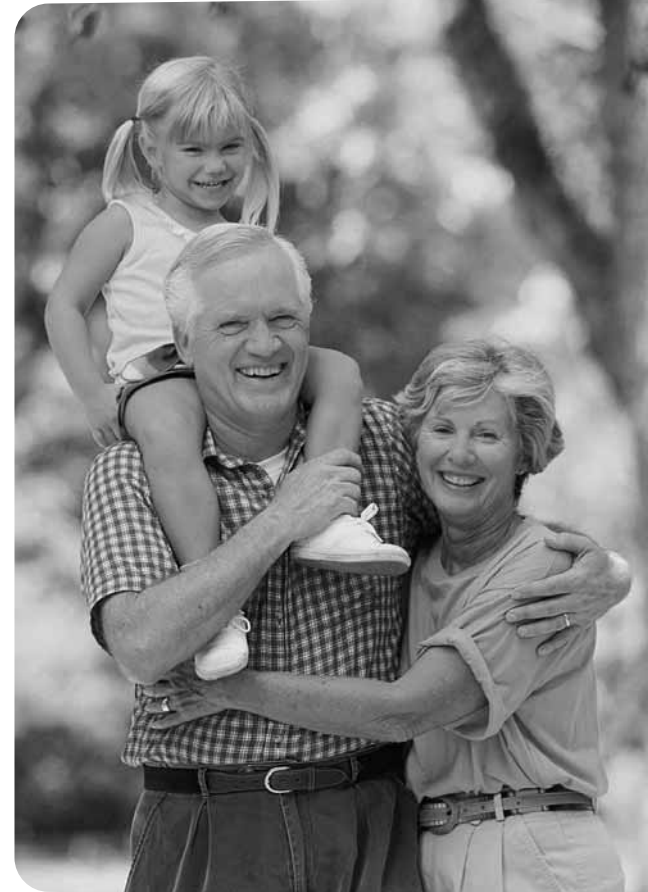


Preventive Health Care Guidelines

We want to help you and your family stay healthy.
Regular visits to the doctor are important.



These guidelines tell you about exams, screenings, and vaccines that are helpful for infants, children, young adults, and adults.

Guidelines for Pregnant Women

The chart below shows which vaccines, tests, exams, counseling, and education may happen at each well visit before, during, and after pregnancy. Your doctor will decide what tests and exams you need.

What will happen during each well visit?					
	Screening and Tests	Counseling and Education		Lab Tests and Shots	
Before Pregnancy	Medical History Complete Physical Blood Pressure Height & Weight (H&W) Body Mass Index (BMI) Domestic Abuse Varicella (Chicken Pox) Risk Factors Cholesterol & HDL Cervical Cancer Screening Rubella & Rubeola	Preterm Labor Education & Prevention Smoking, Drug, & Alcohol Use Nutrition & Weight Domestic Abuse List of Medications, Herbal Supplements, & Vitamins Health Hazards at Work and in the Community	Accurate Recording of Menstrual Dates Folic Acid – 400 Micrograms Daily (start taking at least one month before getting pregnant)	Rubella Shot (at least 3 months prior to becoming pregnant) Measles, Mumps, Rubella (MMR) Tetanus Booster Hepatitis B Vaccine Varicella (if needed) Screening for Sexually Transmitted Diseases	Screening for HIV (with consent) Flu Shot
Visit 1 6 to 8 Weeks	Medical History Complete Physical H&W/BMI Estimated Date of Delivery	Smoking, Drug, & Alcohol Use Physical Activity Sauna & Hot Tub Exposure Nutrition, Vitamins, & Folic Acid Toxoplasmosis Warning Signs Signs of Labor Type of Birth Course of Care Childbirth Classes	Fetal Activity Changes in Pregnancy Sexual Activity Environment or Work Hazards Travel Lab Tests for Fetal Problems Early Labor	Pregnancy Test Cervical Cancer Test Complete Blood Count Hemoglobin Blood Type & D Type Antibody Screen Urine Culture/Screen HIV Screening (with consent) If Doctor Recommends: Screening for Genetic Disorders Sexually Transmitted Diseases	Blood Lead Screening Hepatitis Tetanus Booster ABO/RH/Ab Rubella Syphilis Influenza Varicella (if needed) Blood Disorders Tuberculosis
At Every Following Visit until Delivery	Blood Pressure Weight Baby's Heartbeat (after 8 weeks) Fundal Height (after 15 weeks) Domestic Abuse	Preterm Labor Education & Prevention Prenatal and Lifestyle Education Follow-up on Risk Factors Changes in Pregnancy			
Visit 2 10 to 12 Weeks	Screening for Fetal Problems Urine Test	Fetal Growth Review Labs from Visit 1 Breastfeeding		If Doctor Recommends: Amnio/Chorionic Villus Sampling (8-18 weeks) Karyotype Amniotic Fluid	
Visit 3 15 to 18 Weeks	Cervix Exam Urine Test Screening for Fetal Problems	Second Trimester Growth Quickening (first fetal movements) Umbilical Cord Blood Banking		Flu shot (if needed) If Doctor Recommends: Maternal Serum Alpha Fetoprotein/ Multiple Markers Ultrasound	
Visit 4 22 Weeks		Length of Stay RH Factor	Gestational Diabetes Mellitus (GDM)		
Visit 5 24 to 28 Weeks	Preterm Labor Risk Cervix Exam Domestic Abuse	Work Preregistration Anesthesia Fetal Movement Newborn Sleeping Position	Choosing the Baby's Doctor Newborn Car Seat Tubal Sterilization Circumcision	Gestational Diabetes Mellitus (GDM) Diabetes Screen Glucose Tolerance Test (if Diabetes screen is abnormal)	ABO/RH Antibody Status and Shots (if needed) Hepatitis Sexually Transmitted Diseases If Doctor Recommends: Complete Blood Count
Visit 6 32 Weeks		What You Can & Can't Do When Pregnant Pediatric Care – Choosing the Baby's Doctor	Labor & Delivery Issues Warning Signs of Complications Preparation for Discharge		
Visit 7 36 Weeks	Cervix Exam Check Fetal Position	Labor Precautions Management of Late Pregnancy Symptoms Birth Control When to Call the Doctor	Postpartum Depression (depression after baby is born) Care after Baby is Born	Culture for Group B Streptococcus	
Visits 8-11 37 Weeks to Delivery	Cervix Exam	Labor & Delivery Update Vaccines After Birth	Infant CPR Delay in Delivery Issues		
After the Birth	Office Visit for Mother 3-6 weeks after Delivery	Breastfeeding			

These guidelines come from the Institute for Clinical Systems Improvement and the American College of Obstetricians and Gynecologists. They are for low-risk pregnancies. Talk to your doctor if you have concerns about your pregnancy.

The **Healthy Habits Count for You and Your Baby** program is open to all of our pregnant members. To find out more, call **(800) 319-0662**. This program offers a free prenatal book with details on pregnancy and child care. Call and get your copy today.

Guidelines for Healthy Adults

It is important for adults to have regular visits with the doctor. Men and women need to have special tests at certain times in their lives. The chart below shows which exams should be done at which age. This chart was taken from the U.S. Preventive Services Task Force guide. Take this chart with you to the doctor. Ask if you are up-to-date or if you need any other exams, tests, shots, or counseling.

Years of Age ▶	Range of Recommended Ages												
	19	25	30	35	40	45	50	55	60	65	70	75	
▼ SCREENINGS													
Office Visit – The visit should include medical history, physical exam, height, weight and obesity.	Every 1 to 3 years				Every 2 years			Yearly					
Blood Pressure	Every 2 years if 130/85 or lower – more often if higher (all ages)												
Cholesterol and HDL	If high risk, begin at age 20				Men: At initial visit, then every 5 years								
					Women: At initial visit, then every 5 years								
Pelvic Exam & Cervical Cancer Screening	Women: Every year until 3 tests are normal, then every 1 to 3 years (age 19 through 65)										65 years and older – women with a new sexual partner		
Chlamydia – This test is given to sexually active patients based on risk factors. Ask your doctor if you need it.	Yearly age 19–25				Afterward, if doctor recommends								
Mammography					Women: Yearly								
Colorectal Cancer					Talk to your doctor about having one of these tests: 1) Fecal occult blood test every year 2) Flexible sigmoidoscopy every 5 years 3) Double contrast barium enema every 5 years 4) Colonoscopy every 10 years								
Osteoporosis											Women		
Tuberculosis (TB)	When doctor recommends												
Tobacco Use	All Adults (all ages)												
Obesity	All Adults (all ages)												
▼ IMMUNIZATIONS													
Tetanus-Diphtheria (Td)	One dose every 10 years (all ages)												
Varicella (chickenpox)	Those who have not had chickenpox, or have not had the shot before: Two doses												
Measles, Mumps, Rubella (MMR)	One or two doses (ask your doctor)												
Pneumococcal											One dose		
Influenza (Flu)											One dose yearly (age 50 and older)		
▼ COUNSELING													
Calcium Intake	Women: When doctor recommends												
Folic Acid	Women of childbearing age												
Aspirin to prevent heart disease	When doctor recommends												
Tobacco cessation, drug and alcohol use, sexually transmitted diseases and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy	When doctor recommends												

These guidelines may have changed since they were printed. The information in this guide is not meant to take the place of medical care or advice. Always ask your doctor about the right test, treatment, or care for you.

For questions about these guidelines, please call our **Customer Care Center** at (866) 896-6628.

The **TTY** line is (800) 750-0750.