

Save a life ... yours

Blues members may receive many exams and services at no cost



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



The Blues cover many preventive services with no cost-sharing. In many cases, you won't have to pay a copay or meet a deductible when you get preventive services in our network. Before you receive preventive services, make sure you know what's covered by your specific health plan.



Keep this brochure to help you identify the preventive services you need. Based on your age or gender, the charts that follow provide a roadmap for reaching a healthier life.

This isn't a comprehensive list of services your specific plan covers. Log in to your online account on bcbsm.com for more information about your benefits.

Depression harms mind *and* body

You might think your health depends solely on the way you treat your body. But taking care of your mind plays a big part, too.

When you're depressed, your mind *and* body suffer. Depression can cause or worsen chronic illnesses, such as heart disease. Depression can lead you to take part in unhealthy habits such as smoking, drinking, physical inactivity or poor sleep. And depression can make it harder to stay healthy and active as you age.

Depression seldom goes away by itself, but it's treatable. Medication or talk therapy can rid you of this disease.

The first step is recognizing a problem. Signs of depression include:

- Feeling sad or blue
- Having thoughts of guilt, helplessness or hopelessness
- Thinking about dying or killing yourself
- Getting tired more often
- Feeling less interested in other people and your normal activities
- Having trouble sleeping or sleeping too much

If these symptoms linger for two weeks or more, talk with your doctor. Screening tests can show if you have depression. Then you and your doctor can work on a plan together to help you feel better about life.



Schedule your preventive screenings today:

- Call your doctor to schedule an appointment.
- If you don't have a doctor, find one at bcbsm.com/prevention.

Looking for more information about health and wellness? Visit bcbsm.com.



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Look inside for preventive care recommendations

Preventive care saves lives

GET SCREENED

Recommended Preventive Care Guidelines

Children, birth to age 12 years

| | AGE | HOW OFTEN |
|---|-------------------------|------------------------|
| Well-child exam: Parental education; nutrition; development; injury and poison prevention; SIDS; coping skills; tobacco use screening; secondhand smoke; height, weight and body mass index | 0 – 24 months | 11 visits |
| | 2 – 18 years | 6 visits |
| Newborn and hearing screening | Birth (after 24 hours) | Once |
| Cholesterol screening | 2-plus years | Ask your doctor |
| Lead screening | Between 9 and 18 months | Once |
| Vision screening | 2 – 6 years | Before starting school |
| | 7 – 12 years | Every 2 years |

IMMUNIZATIONS

| | | |
|------------------------------------|-----------------------|-------------------------------------|
| HPV (human papillomavirus) | Females, 9 – 26 years | 3 doses |
| | Males, 9 – 26 years | Ask your doctor |
| DTaP | 2, 4, 6 months | 1st, 2nd, 3rd dose |
| | 15 – 18 months | 4th dose |
| | 4 – 6 years | 5th dose |
| Rotavirus | 2 – 6 months | Complete series |
| Tdap | 11 – 12 years | 1 dose |
| Hepatitis A | 12 months | 1st dose |
| | 18 – 24 months | 2nd dose |
| Hepatitis B | Birth | 1st dose |
| | 1 – 2 months | 2nd dose |
| | 6 – 18 months | 3rd dose |
| Polio | 2 months | 1st dose |
| | 4 months | 2nd dose |
| | 6 – 18 months | 3rd dose |
| | 4 – 6 years | 4th dose |
| | HiB-haemophilus | 2 – 15 months |
| Flu | 6 months – 8 years | 2 doses first year, then every year |
| | 9 – 21 years | Every year |
| MMR (measles, mumps and rubella) | 12 – 15 months | 1st dose |
| | 4 – 6 years | 2nd dose |
| Varicella (chickenpox) | 12 – 15 months | 1st dose |
| | 4 – 12 years | 2nd dose |
| Meningococcal | 11 – 12 years | 1 dose |
| Pneumococcal conjugate (pneumonia) | 2 months | 1st dose |
| | 4 months | 2nd dose |
| | 6 months | 3rd dose |
| | 12 – 15 months | 4th dose |

Children, ages 12 and up

| | |
|---|---|
| Well-child exam: Parental education; nutrition; development; injury and poison prevention; coping skills; tobacco use screening; secondhand smoke; height, weight and body mass index; mental health assessment; alcohol and drug use | 6 visits |
| Cholesterol screening | Ask your doctor |
| Vision screening | Ages 13 – 21: Every 3 years |
| Pregnancy prevention and counseling | Every year (earlier if sexually active) |
| Screening for sexually transmitted infections (such as HIV and chlamydia) | Ages 13 – 21: Every 3 years for sexually active girls |

IMMUNIZATIONS

| | |
|----------------------------|-------------------------------------|
| HPV (human papillomavirus) | Females up to age 26: 3 doses |
| | Males up to age 26: Ask your doctor |
| Flu | Every year |
| Meningococcal | Booster between 16 and 18 |

Ages 18 to 49

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|---|--|
| Health exam (including height, weight and body mass index assessment, obesity counseling, alcohol/drug abuse, tobacco use and injury) | Every 1 to 5 years |
| Blood pressure screening | <ul style="list-style-type: none"> • Every 2 years if 120/80 or lower • Every year if higher than 120/80 • Screen more frequently if needed |
| Cholesterol and lipid screening | <ul style="list-style-type: none"> • Men: Every 5 years starting at age 35; more often with risk factors • Women: Ask your doctor starting at age 20 |
| Diabetes screening | Every 3 years with blood pressure of 135/80 or more |
| Colorectal cancer screening | If at high risk, ask your doctor |
| Glaucoma screening | If at high risk, ask your doctor |
| HIV screening | Once for everyone; yearly if high-risk |
| Mammogram (with or without clinical breast exam) | <ul style="list-style-type: none"> • Women 18 – 49: Ask your doctor • Women 50 – 74: Every two years |
| Cervical cancer/Pap test screening | Women 21-plus: Every 3 years after becoming sexually active |
| Chlamydia screening | Women: Every year if sexually active, age 24 and younger or if high-risk, age 25 and older; screen during pregnancy |
| Pregnancy (prenatal visits) | Week 6 – 8: first visit; week 14 – 16: 1 visit; week 24 – 28: 1 visit; week 32: 1 visit; week 36: 1 visit; week 38 – 41: every week |
| Pregnancy (postnatal visits) | Once 21 to 56 days after delivery |

IMMUNIZATIONS

| | |
|---|--|
| Tetanus/diphtheria/pertussis (Tdap) | 1 dose after age 12 |
| Tetanus | Once every 10 years |
| Flu | Every year |
| Measles/mumps/rubella | 1 – 2 doses if needed |
| Varicella (chickenpox) | 2 doses if needed |
| Hepatitis A, hepatitis B, meningococcal | If high risk |
| Pneumococcal (meningitis and pneumonia) | If high risk |
| HPV (human papillomavirus) | <ul style="list-style-type: none"> • Females, 9 – 26: 3 doses • Males, 9 – 26: Ask your doctor |

Ages 50 and up

| | |
|---|--|
| Health exam: Height, weight and body mass index assessment, obesity counseling, alcohol/drug abuse, tobacco use, depression screening and injury) | Every 1 to 3 years |
| Blood pressure screening | <ul style="list-style-type: none"> • Every 2 years if 120/80 or lower • Every year if higher than 120/80 • Screen more frequently if needed |
| Cholesterol and lipid screening | <ul style="list-style-type: none"> • Men: Every 5 years; more often with risk factors • Women: Ask your doctor |
| Diabetes screening | Every 3 years with blood pressure of 135/80 or more |
| Colorectal cancer screening (ask your doctor about screening if you're 76 or older) | Fecal occult blood test every year OR: Sigmoidoscopy every 5 years with fecal occult blood test every 3 years OR: Colonoscopy every 10 years |
| Glaucoma screening | If at high risk, ask your doctor |
| Osteoporosis screening (including bone mineral density test) | <ul style="list-style-type: none"> • Ages 50 – 64: Ask your doctor • Age 65-plus: Once |
| HIV screening | <ul style="list-style-type: none"> • Once for everyone up to age 64 • Yearly if high-risk |
| Mammogram (with or without clinical breast exam) | <ul style="list-style-type: none"> • Women up to age 74: Every two years • Women 75-plus: Ask your doctor |
| Prostate cancer (digital rectal exam and/or prostate-specific antigen test) | Men up to age 74: Ask your doctor |
| Cervical cancer/Pap test screening | Women: Every 3 years after becoming sexually active; after age 65, ask your doctor |

IMMUNIZATIONS

| | |
|---|--|
| Tetanus/diphtheria/pertussis (Tdap) | 1 dose after age 12 |
| Tetanus | Once every 10 years |
| Flu | Every year |
| Varicella (chickenpox) | 2 doses if needed |
| Hepatitis A, hepatitis B, meningococcal | If high risk |
| Pneumococcal (meningitis and pneumonia) | If high risk. If you received a dose before age 65, and 5 or more years have passed, get another dose at age 65. |
| Zoster (shingles) | 60-plus: One dose |