

# Important preventive health services for you and your family

This information is a summary of preventive health services recommendations for healthy adults and children with normal risk. Talk with your doctor to determine what preventive services are right for you and when you should have them.

## Recommended preventive health screenings and vaccines for children

<b>PKU, sickle cell hemoglobinopathies, hypothyroidism</b>	Once — newborns
<b>Hearing</b>	Once — newborns before 1 month of age
<b>Vision</b>	Once — 3-5 years of age
<b>Body Mass Index (BMI)</b>	Periodically — 6-18 years of age
<b>Depression</b>	Routinely — 12-18 years of age
<b>Hepatitis B (HepB)</b>	3-4 doses — 1 dose at birth; 1 dose 1-2 months later; 1 dose at 4 months of age <sup>1</sup> ; and 1 dose between 6-18 months of age
<b>Hepatitis A (HepA)</b>	2 doses — 1 dose between 12 and 23 months of age; and 1 dose 6-18 months later
<b>Rotavirus (RV)</b>	2-3 doses — 1 dose each at 2, 4, and 6 months of age <sup>1</sup>
<b>Diphtheria-Tetanus-Pertussis (DTaP)</b>	5 doses — 1 dose each at 2, 4, and 6 months of age; 1 dose between 15 and 18 months of age; and 1 dose between 4 and 6 years of age
<b>Inactivated Polio Vaccine (IPV)</b>	4 doses — 1 dose each at 2 and 4 months of age; 1 dose between 6 and 18 months of age; and 1 dose between 4 and 6 years of age
<b>H. Influenzae Type B (Hib) (may be combined with DTaP)</b>	3-4 doses — 1 dose each at 2, 4, and 6 months of age <sup>1</sup> ; and 1 dose between 12 and 15 months of age
<b>Pneumococcal Conjugate Vaccine (PCV)</b>	4 doses — 1 dose each at 2, 4, and 6 months of age; and 1 dose between 12 and 15 months of age <sup>2</sup>
<b>Measles-Mumps-Rubella (MMR)</b>	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
<b>Chicken pox (varicella)</b>	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
<b>Influenza</b>	Every flu season — beginning at 6 months of age <sup>3</sup>
<b>Meningococcal</b>	2 doses — 1 dose between 11 and 12 years of age; and 1 dose at 16 years of age
<b>Tetanus-Diphtheria-Pertussis (Tdap)</b>	1 dose — 1 dose between 11 and 12 years of age if the childhood DTP/DTaP series is complete and the child has not received the Td booster dose
<b>Human Papillomavirus (HPV)</b>	3 doses for males and females — first dose between 11 and 12 years of age; second dose 2 months later; and third dose 6 months after the first dose

<sup>1</sup>Dose dependent on vaccine type.

<sup>2</sup>Healthy children who have not yet turned 5, and children with medical conditions who have not yet turned 6, who completed the 4-dose series with PCV 7 should get one dose of PCV13.

<sup>3</sup>All children 6 months through 8 years of age getting the vaccine for the first time should receive two doses.

## Recommended preventive health screenings and vaccines for adults

<b>Blood pressure</b>	Every 2 years — 18 years of age and older
<b>Body Mass Index (BMI)</b>	Periodically — 18 years of age and older
<b>Cholesterol</b>	Every 5 years — men 35 years of age and older; screen adult women if at risk for coronary artery disease
<b>Mammogram<sup>1</sup></b>	Every 1-2 years — women 40 years of age and older
<b>Cervical cancer</b>	Every 3 years — Pap smear for women 21-65 years of age. Women 30-65 years of age may have a Pap smear AND human papillomavirus (HPV) testing every 5 years. Talk with your doctor about the method of screening that is right for you.
<b>Chlamydia</b>	Routinely — women 24 years of age and younger if sexually active
<b>Osteoporosis (bone density test)</b>	Routinely — women 65 years of age and older
<b>Prostate cancer</b>	Men younger than 75 years of age — discuss pros and cons of prostate-specific antigen (PSA) testing with your doctor
<b>Abdominal aortic aneurysm</b>	Once — men 65-75 years of age who have ever smoked tobacco
<b>Colorectal cancer</b>	Between 50-75 years of age — yearly screening with high-sensitivity fecal occult blood testing, OR sigmoidoscopy every 5 years with high-sensitivity fecal occult blood testing every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.
<b>Depression</b>	Routinely — 18 years of age and older
<b>Alcohol misuse</b>	Routinely — 18 years of age and older
<b>Tobacco use</b>	Routinely — 18 years of age and older
<b>Tetanus-Diphtheria-Pertussis (Td/Tdap)</b>	1 dose Td every 10 years — 19 years of age and older; for 19-64 years of age, substitute a single dose of Td booster with Tdap
<b>Influenza</b>	Every flu season
<b>Pneumococcal</b>	1 dose — 65 years of age and older
<b>Zoster</b>	1 dose — 60 years of age and older

<sup>1</sup>Mammography screening recommendations are based on the National Cancer Institute recommendations found at [www.cancer.gov/cancertopics/factsheet/Detection/screening-mammograms](http://www.cancer.gov/cancertopics/factsheet/Detection/screening-mammograms) as of 4/2/12.

The preventive health screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) found online at [www.ahrq.gov/clinic/prevenix.htm](http://www.ahrq.gov/clinic/prevenix.htm) as of 4/2/12. The vaccine recommendations are based on the Centers for Disease Control and Prevention (CDC) found online at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) as of 4/2/12. Recommendations change often. A full list of the most current recommendations may be accessed at these websites.

**Before scheduling a visit for a suggested preventive care service, be sure to check your Summary Plan Description (SPD) to determine your share of the cost for these services.**

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