

Good health guidelines for adults



**Blue Care
Network**
of Michigan

We've developed a timetable of health actions for you to follow to help prevent illness or detect conditions in their earliest stages. Your primary care physician may recommend a different schedule based on your needs.

Heart healthy tip: Ask your doctor about aspirin use.

| What | Age | How often |
|--|--------|--|
| Screening for men and women | | |
| Health exam (including, height & weight assessment, body mass index evaluation and obesity counseling, alcohol/drug abuse, tobacco use and injury) | 18-49 | Every 1-5 years |
| | 50-65+ | Every 1-3 years |
| Blood pressure screening | 18+ | Every two years if BP is $\leq 120-139/80-89$ Every year if BP is higher than 120-139/80-89 More frequently if needed |
| Diabetes screening | 18-65+ | Every 3 years with BP $\geq 135/80$ |
| Colon cancer screening | 18-49 | If high risk – ask your doctor |
| | 50 + | Fecal occult blood test every year OR Sigmoidoscopy every 5 years with fecal occult blood test every 3 years OR Colonoscopy every 10 years |
| | 76+ | Ask your doctor |
| Glaucoma screening | 18-64 | If high risk – ask your doctor |
| HIV screening | 18-64 | One test for everyone |
| | 18-65+ | Every year for high risk |
| Screening for men | | |
| Cholesterol and lipid screening | 35+ | Every 5 years; more often with risk factors |
| Prostate cancer | 50-74 | Ask your doctor |

| What | Age | How often |
|---|----------------------------|---|
| Screening for women | | |
| Cholesterol and lipid screening | 45+ | Every 5 years; more often with risk factors |
| Osteoporosis screening | 50-64 | Ask your doctor |
| | 65+ | Test |
| Cervical cancer Pap smear | 18-65 | Every 3 years, after becoming sexually active |
| | 66+ | Ask your doctor |
| Mammography | 18-39 | Ask your doctor |
| | 40-74 | Every 2 years |
| | 75+ | Ask your doctor |
| Chlamydia screening | Under 24 (sexually active) | Every year |
| | 25+ (if high risk) | Every year |
| | Pregnant women | Screen |
| Pregnancy prenatal visits | Childbearing | 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 | Childbearing | Once 21-56 days after delivery |
| Immunizations for men and women | | |
| HPV (Human Papillomavirus) | Women 9- 26 | 3 doses |
| Tdap | After age 12 | 1 dose |
| Tetanus | 18-65+ | Once every 10 years |
| Flu | 18-65+ | Every year |
| MMR | 18-49 | 1-2 doses if needed |
| Varicella | 18-65+ | 2 doses if needed |
| Hepatitis A, Hepatitis B, Meningococcal | 18-65+ | If high risk |
| Pneumococcal (meningitis and pneumonia) | 18-64 | If high risk |
| | 65+ | 1 dose for everyone 65 and older; revaccinate at age 65 if first vaccine was received before age 65 and 5 years or more have passed since that first dose was given |
| Zoster (shingles) | 60+ | 1 dose |

Good health guidelines for children



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Regular well-child visits and scheduled immunizations for childhood disease can help keep your child on track. Ask your child's doctor about what schedule is right for him or her.

| What | 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 |
| | 2-21 years | Every year |
| Neonatal and hearing screening | Birth-after 24 hours | Once |
| Cholesterol screening | 2+ years | Ask your doctor |
| Blood lead testing | Between 9 and 18 months | Once |
| Vision screening | 2-6 years | Before starting school |
| | 7-12 years | Every 2 years |
| | 13-21 years | Every 3 years |
| Preconception and pregnancy: prevention and counseling | 12+ years or earlier if sexually active | Every year |
| For girls | | |
| Cervical cancer Pap smear | Age 13-21 sexually active | Every 3 years |
| Chlamydia and sexually transmitted infection screening including HIV screening | Age 13-21 sexually active | Every year |

| What | Age | How often |
|---|------------------|-------------------------------------|
| Immunizations | | |
| HPV (Human Papillomavirus) | Females 9-26 | 3 doses |
| | Males age 9-26 | 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 |
| IPV-polio | 2 months | 1st dose |
| | 4 months | 2nd dose |
| | 6-18 months | 3rd dose |
| | 4-6 years | 4th dose |
| HIB-haemophilus | 2-15 months | complete series |
| Flu | 6 months–8 years | 2 doses first year, then every year |
| | Age 9-21 years | Every year |
| MMR | 12-15 months | 1st dose |
| | 4-6 years | 2nd dose |
| Varicella | 12-15 months | 1st dose |
| | 4-6 years | 2nd dose |
| Meningococcal | 11-12 years | 1st dose |
| | 16-18 years | Booster |
| Pneumococcal Conjugate-pneumonia | 2 months | 1st dose |
| | 4 months | 2nd dose |
| | 6 months | 3rd dose |
| | 12-15 months | 4th dose |