

# 2023 General Wellness Guidelines: To discuss with your Health Care Provider

## Adult (age 19+) Wellness Schedule

Be sure to review your plan benefits to determine your costs for these services

### Routine Health Guide

Annual Wellness and Routine Check-up	Annually: Discuss related screening with your doctor
Obesity Screening: Diet/Physical Activity/BMI Counseling	Annually
Vision and Dental Exam (These services may not be covered by your medical benefits plan. Check your plan documents.).	Annually: Discuss with your doctor

### Recommended Diagnostic Checkups and Screenings for At-Risk Patients

Abdominal Aortic Aneurysm (AAA) Check	One-time screening for ages 65 to 75 who have ever smoked or have a family history of AAA
Bone Mineral Density Screening and prescribed medication for Osteoporosis	Women beginning at age 65 or older; and in younger women who have an increased risk
Cholesterol Screening	Age 35+; Age 20-35 at risk Annually: All Men; Age 45+; Age 20-45 at risk Annually: All Women
Colorectal Cancer Screening and Counseling	Age 45-75; Colonoscopy or fecal occult blood test or sigmoidoscopy
Mammogram	Women should have a baseline mammogram age 35-40. Thereafter, every two years age 40-50; every year age 50+. At any age if recommended by physician based on risk factors.
Pap Test/Pelvic Exam	Women age 21-29 should have a Pap Test every 3 years. Women age 30-65 should have a Pap Test alone every 3 years or combined with HPV testing every 5 years. Women ages 65+ should discuss with their doctor.
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	As indicated by history and/or symptoms. Discuss with your doctor behavioral risks.
Lung Cancer Screening and Counseling	Ages 50-80; 20 pack smoker history, current smoker/quit within past 15 years
Prostate Cancer Screening	Discuss with your doctor
Skin Cancer Screening	Discuss with your doctor

## Live a Healthy Lifestyle

- Get your annual wellness exam to review your overall health and keep follow-up visits with your doctor.
- Find out if you are at risk for health conditions such as diabetes, high cholesterol and high blood pressure.
- Get your vaccines, preventive screenings and labs.
- Human Papillomavirus (HPV) vaccine 3 dose series is recommended for men and women ages 19 through 26 years if not previously vaccinated prior to age 13.
- Talk with your doctor about the medications and over-the-counter/vitamins you are taking to reduce side effects and interactions.
- Get a Flu Vaccine every year to prevent illness and related hospitalizations.
- Get a COVID-19 vaccine to prevent severe illness and related hospitalizations. Immunocompromised people should consult their physician on the need for an additional mRNA vaccine dose.

**Sources:** These guidelines are recommendations from the following organizations and were not developed by Florida Blue. [www.ahrq.gov](http://www.ahrq.gov), [www.cdc.gov](http://www.cdc.gov)

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Guidance	
Screen/Counseling: Depression, Obesity, Tobacco, Alcohol, Substance Abuse and Pregnancy	Every visit, or as indicated by your doctor
Fall Risk/Unintentional Injury/Domestic Violence Prevention/Seat Belt Use	Discuss exercise and home safety with your doctor
Medication List (including over-the-counter and vitamins) for potential interactions	Every visit, or as indicated by your doctor
Advance Directives/Living Will	Annually

## Immunizations\* (Routine Recommendations)

Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Tdap vaccine once, then a Td booster every 10 years
Flu (Influenza)	Annually during flu season
Pneumococcal PCV15, PCV20, PPSV23	Ages 19-64: if risk factors are present; Ages 65+: 1-2 doses (per CDC); Ages 50+: 1 dose (Florida Blue Benefits)
Shingles (Zoster)	Ages 50+: 2 doses Shingrix
Haemophilus Influenzae Type b (HIB) Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if risk factors are present
Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR), Varicella (Chickenpox) & Hepatitis C (HCV) Infection Screening	Physician recommendation based on past immunization or medical history
COVID-19	Recommended for adults ages 19 and older within the scope of the authorization/approval for the particular vaccine.

\* Some immunizations are contraindicated for certain conditions, discuss with your doctor

## We're here to help:

### Call

#### Customer Service

1-800-FLA-BLUE (1-800-352-2583)  
TTY/TDD Call 711

#### Care Consultant Team

1-888-476-2227

Go to [floridablue.com](https://floridablue.com)

## Visit a Florida Blue Center

Go to [floridabluecenters.com](https://floridabluecenters.com) for locations or call 1-877-352-5830

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## Children & Adolescents (Birth – 18 years of age) Wellness Schedule

### Routine Health Guide

Wellness Exam and Autism/Development Behavioral Assessment	Newborn up to age 3: Frequent Wellness Check-ups; Age 3-18: Annual Wellness Check-up
Body Mass Index (BMI): Height and Weight	Every visit, BMI beginning at age 2
Blood Pressure	Annually, beginning at age 3
Hearing/Dental/Vision Screenings (These services may not be covered by your medical benefits plan. Check your plan documents.)	Hearing: Newborn then annually beginning at Age 4; Dental: Regularly, beginning at age 1; Vision: Annually, beginning at age 3

### Recommended Screenings for At-Risk Patients

Cholesterol Screening	Annually, beginning at age 2
Lead test, TB, Sickle Cell and Blood Sugar	As indicated by history and/or symptoms
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	Discuss with your doctor based on behavioral risks
Skin Cancer Screening	Discuss with your doctor

### Guidance

Injury/Violence Prevention	Annually, more often if indicated by your doctor
Diet/Physical Activity/Emotional Well-Being Counseling	Every visit
Tobacco/Alcohol/Substance Abuse/Depression/Pregnancy Screening and Counseling	Every visit starting at age 11, earlier if indicated by your doctor

## Are your children up-to-date with vaccinations?

Getting the recommended sequence of vaccinations is always a good idea to protect your child from illnesses from birth to 18 years of age. Most of these vaccinations require additional doses or boosters over time. As children grow up to become teenagers, they may come in contact with different diseases. Here are vaccines that can help protect your preteen or teen from these other illnesses and infections:

### Tdap Vaccine

Age 11 or 12. Protects against tetanus (lock jaw), diphtheria and acellular pertussis (whooping cough). This is a booster shot of the same vaccine given during early childhood.

### Meningococcal Vaccine

(MCV4) Two doses beginning at 11 or 12 years, with a booster dose at age 16. (MenB) Two doses beginning at ages 16-18. Protects against meningitis, sepsis (a blood infection) and other meningococcal diseases. Children with higher risk factors may need additional doses.

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Immunizations*	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4 - 6 years	11 - 12 years	13 - 14 years	15 years	16 - 18 years
Hepatitis A						2 dose series, 12-23 months								
Hepatitis B	1st dose	2nd dose			3rd dose									
Diphtheria, Tetanus, Pertussis (DTaP)			1st dose	2nd dose	3rd dose		4th dose		5th dose					
Tetanus, Diphtheria, Pertussis (Tdap)										1st dose				
Haemophilus Influenzae Type b (Hib)			1st dose	2nd dose	3rd or 4th dose**									
Inactivated Poliovirus			1st dose	2nd dose	3rd dose				4th dose					
Measles, Mumps, Rubella (MMR)***						1st dose			2nd dose					
Varicela						1st dose			2nd dose					
Pneumococcal PCV13 and PPSV23			1st dose	2nd dose	3rd dose	4th dose								
Flu (Influenza)					6 months through 8 years 1 or 2 doses; 9 years and older 1 dose only									
Rotavirus			1st dose	2nd dose	3rd dose**									
Meningococcal											1st dose			booster
Human Papillomavirus (HPV)											3 dose series			
Covid 19					6 months and older per CDC guidelines for specific vaccine									

## Human Papillomavirus

(HPV) Vaccine two or three doses over six months, beginning at ages 11–12. (Two doses if started before 15th birthday or three if started on or after 15). Protects boys and girls against HPV, which can lead to cancers and genital warts.

## Flu Vaccine

Every year after six months of age. Protects individuals from getting the influenza virus.

## COVID-19 Vaccine

The American Academy of Pediatrics (AAP) recommends the COVID-19 vaccination for all children and adolescents 6 months of age and older who do not have contraindications using a COVID-19 vaccine authorized for use for their age. Any authorized COVID-19 vaccine appropriate by age and health status can be used for COVID-19 vaccination in children and adolescents.

Keep your teens safe from preventable, painful and life-threatening diseases by staying in touch with your pediatrician's office or health clinic. Be sure to verify your benefits for preventive services.

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\* These are routine immunizations based upon [cdc.gov](http://cdc.gov) recommendations. Range of recommended ages for catch-up or certain high-risk groups is at the doctor's discretion based on the member's family history and personal risk factors.

\*\* Dosages determined by doctor with the type of brand vaccine used.

\*\*\* Those in an outbreak area, aged  $\geq 12$  months who previously received  $\leq 2$  doses should receive a dose of mumps-virus containing vaccine.