

# Preventive Health Guidelines for Members

## Adult Women



Check the health benefit for specific preventive care coverage.

TOPIC	19-39 yrs.	40-49 yrs.	50-64 yrs.	65+ yrs.
<b>PERIODIC VISIT/LAB/TESTS/OTHER EXAMS</b>				
Routine checkup (Every 1—2 yrs. age 19 to 49, once a year age 50 and older)	Always	Always	Always	Always
Blood pressure (if elevated, measure outside clinical setting to confirm prior to treatment)	Always	Always	Always	Always
Hepatitis C screening: ages 18-79	Always	Always	Always	Always
Hepatitis B screening: at first prenatal visit if pregnant; others if at risk	Always	Always	At Risk	At Risk
HIV testing: * age 15-65 and all pregnant women; older if at risk	Always	Always	Always	At Risk
Lipid screening (once between age 18-21, then based on cardiovascular disease CVD risk)	Always	At Risk	At Risk	At Risk
Cervical cancer screening: Pap test every 3 yrs. ages 21-65, or can opt for pap test with HPV test every 5 yrs. or HPV test alone every 5 yrs. starting at age 30	Always	Always	Always	Not applicable
Chlamydia screening: pregnant and sexually active women age 24 and younger; older if at risk	Always	At Risk	At Risk	At Risk
Gonorrhea screening: pregnant and sexually active women age 24 and younger; older if at risk	Always	At Risk	At Risk	At Risk
Syphilis screening: if pregnant; others if at risk	At Risk	At Risk	At Risk	At Risk
Rh antibody testing: if pregnant during first OB visit	Always	Always	Not applicable	Not applicable
Mammogram Screening: every 2 yrs. ages 50-74, younger if at risk; prescription required	At Risk	At Risk	Always	Always
TB screening	At Risk	At Risk	At Risk	At Risk
Breast Cancer Genetic (BRCA) Screening	At Risk	At Risk	At Risk	At Risk
Type 2 diabetes screening: ages 40-70 for those overweight or obese	At Risk	Always	Always	Always
Gestational diabetes: if pregnant after 24 weeks gestation	At Risk	Always	Always	Always
Colorectal cancer screening: beginning at age 45 until age 75, younger or older based on risk <ul style="list-style-type: none"> <li>Fecal occult blood/FIT (annually) or</li> <li>FIT DNA (every three yrs.) or</li> <li>Sigmoidoscopy (every 5 yrs.) or with FIT every 10 yrs. or</li> <li>Colonoscopy (every 10 yrs.) or</li> <li>CT colonography (every 5 yrs.)</li> </ul>	At Risk	At Risk	Always	Always
Osteoporosis screening/bone density testing: starting at age 65; younger if at risk	At Risk	At Risk	At Risk	Always
Lung cancer screening: ages 50-80 with 20-pack per year history, who currently smoke or quit within past 15 years	Not applicable	Not applicable	Always	Always
		Always	At Risk	Not applicable

\* New York State law requires HIV testing to be offered to all individuals who access care. Pregnant women also require repeat testing in the third trimester.

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<b>IMMUNIZATIONS (check footnotes on CDC current schedule)</b>				
Tetanus, diphtheria, pertussis (Tdap or Td): Tdap vaccine once, then Tdap or Td booster every 10 yr **	Always	Always	Always	Always
Flu (Influenza) vaccine annually	Always	Always	Always	Always
Pneumococcal vaccines: ages 65 yrs. or older; younger if at risk	At Risk	At Risk	At Risk	Always
Shingles (Zoster) vaccine: 2 doses Shingrix age 50 and older	Not applicable	Not applicable	Always	Always
Meningococcal vaccines: if at risk or after consultation with doctor	At Risk	At Risk	At Risk	At Risk
Chickenpox (Varicella) vaccine: 2 doses if no history of chicken pox	Always	Always	Always	Always
Hep A vaccine: if at risk, 2 to 3 doses depending on vaccine	At Risk	At Risk	At Risk	At Risk
Hep B vaccine: if at risk, 2 to 3 doses depending on vaccine	At Risk	At Risk	At Risk	At Risk
MMR vaccine: 1 to 2 doses depending on indication (if born in 1957 or later)	Always	Always	Always	Not applicable
HPV vaccine: 2 to 3 doses ages 19–26, ages 27-45 after consultation with doctor	Always	Always	Not applicable	Not applicable
Haemophilus influenza type b (Hib) 1 or 3 doses depending on indication	At Risk	At Risk	At Risk	At Risk
COVID-19 vaccine: 1 to 2 doses depending on vaccine	Always	Always	Always	Always
<b>COUNSELING/SCREENING</b>				
Exercise promotion	Always	Always	Always	Always
Smoking cessation: if applicable	Always	Always	Always	Always
Alcohol/substance abuse	Always	Always	Always	Always
STD/HIV/sexual behavior	Always	Always	Always	Always
Family planning	Always	Always	At Risk	At Risk
Dental health	Always	Always	Always	Always
Sun exposure/skin cancer	Always	Always	Always	Always
Injury prevention, including seat belts, helmet use, falls	Always	Always	Always	Always
Life-stage issues, including family, caregiving, and bereavement	Always	Always	Always	Always
Health care proxy/advance directives	Always	Always	Always	Always
OTC drugs including vitamins and holistic medical review	Always	Always	Always	Always
Aspirin therapy: adults ages 50-59 yrs. at risk for CVD	Not applicable	Not applicable	At Risk	Not applicable
Folic Acid: women planning or capable of pregnancy	Always	Always	Not applicable	Not applicable
Statin use: adults ages 40-75 yrs. if appropriate based on risk	Not applicable	At Risk	At Risk	At Risk
Domestic violence	Always	Always	Always	Always
Workplace violence	Always	Always	Always	Always
Risk-taking behavior	Always	Always	Always	Always
Stress management	Always	Always	Always	Always
Nutrition	Always	Always	Always	Always
Bladder control	Not applicable	Not applicable	Not applicable	Always
Depression screening once a year	Always	Always	Always	Always

Always    At Risk    Not applicable

\*\* The American College of Obstetricians and Gynecologists also recommends Tdap for pregnant women in the third trimester.

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### ★ Provide culturally and linguistically appropriate services. ★

These tools were developed by Highmark Blue Shield of Northeastern New York following Centers for Disease Control and Prevention (CDC) and Advisory Committee on Immunization Practices (ACIP) recommendations.

Please refer to the CDC and/or the ACIP websites for details.

These recommendations do not indicate an exclusive course of treatment or standard of care. Variations, taking into account individual circumstances, may be appropriate.

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