

# Why preventive care is important



Preventing disease, and detecting disease early if it occurs, are important to living a healthy life. And, the better your health, the lower your health care costs are likely to be. Following these guidelines, along with the advice of your doctor, can help you stay healthy. Talk to your doctor about your specific health questions and concerns, and follow his or her recommendations. If you'd like more information on preventive care, visit [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov).

## Guidelines for maintaining your health

### Screening: Children ages 0 to 18 years

Age	Screening Test	Frequency
Newborn	Newborn screening (PKU, sickle cell, hemoglobinopathies, hypothyroidism)	During newborn period
Birth-2 months	Head circumference	At each well-child visit
Birth-2 years	Length and weight	At each well-child visit
2-18 years	Height and weight	At each well-child visit
3-4 years	Eye screening	Once
Younger than 5 years	Dental	At each well-child visit

Range of recommended ages	Catch-up immunization	Certain high-risk groups
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## Immunization schedule: children ages 0 to 6 years\*

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
Hepatitis B	HepB	HepB							HepB Series		
Rotavirus			Rota	Rota	Rota						
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP				DTaP
Haemophilus influenzae type b			Hib	Hib	Hib	Hib		Hib			
Pneumococcal			PCV	PCV	PCV	PCV				PCV	
										PCV	
Inactivated Poliovirus			IPV	IPV	IPV						IPV
Influenza					Influenza (yearly)						
Measles, Mumps, Rubella						MMR					MMR
Varicella						Varicella					Varicella
Hepatitis A						HepA (2 doses)				HepA Series	
Meningococcal										MPSV4	

## Immunization schedule: children ages 7 to 18 years\*

Vaccine	7-10 years	11-12 year assessment	13-14 years	15 years	16-18 years
Tetanus, Diphtheria, Pertussis		Tdap	Tdap		
Human Papillomavirus (for females only)		HPV (3 doses)	HPV Series		
Meningococcal	MCV4	MCV4		MCV4	
			MCV4		
Pneumococcal	PPV				
Influenza	Influenza (yearly)				
Hepatitis A	HepA Series				
Hepatitis B	HepB Series				
Inactivated Poliovirus	IPV Series				
Measles, Mumps, Rubella	MMR Series				
Varicella	Varicella Series				

\* SOURCE: *Recommended Childhood and Adolescent Immunization Schedule — United States, 2006*, MMWR™, Morbidity and Mortality Weekly Report, Vol 54, No MM51;0, Centers for Disease Control and Prevention, Department of Health and Human Services.

## Preventive care guidelines: adults over age 18

### Range of recommended ages

Years of Age	18	25	30	35	40	45	50	55	60	65	70	75
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### SCREENING

Blood Pressure, Height, and Weight	At each preventive visit											
Obesity	At each visit											
Cholesterol				Men: Every 5 years								
						Women: Every 5 years						
Cervical cancer screening	Annually beginning at age 18 or age of sexual activity, and every three years after three consecutive normal tests											
Chlamydia/Gonorrhea												
Mammography					Women: every one to two years							
Colorectal Cancer*							Depends on y\test					
Osteoporosis										At age 65		
Alcohol Use, Depression	Periodically											
Vision, Hearing											Periodically	

### IMMUNIZATION

Tetanus-Diphtheria (Td/Tdap)	Every 10 years										
Varicella (VZV)	Susceptibles only-two doses										
Measles, Mumps, Rubella (MMR)	Persons not already immune										
Pneumococcal										One dose	
Influenza							Yearly				
Hepatitis B/Hepatitis A	Persons at risk										
Meningococcal	For certain high-risk groups**										
Human Papillomavirus (HPV)	One dose										

### Upper age limits should be individualized for each patient

\* See [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov) for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

\*\* High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.

Individual health plans vary in preventive coverage. Generally, your plan should cover immunizations recommended by the Advisory Committee on Immunization Practices (ACIP) and published by the Centers for Disease Control and Prevention. For complete immunization guidelines, visit [www.cdc.gov/nip](http://www.cdc.gov/nip).

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