

Preventive Health Guidelines: Adults

Well Visits	19 to 21 years	22 to 26 years	27 to 49 years	50 to 59 years	60 to 64 years	65+ years
Routine Well Visits: Includes personal history; blood pressure; body mass index (BMI); physical exam; preventive screening and counseling	Yearly					
Cancer Screenings/Tests						
Breast Cancer (Women)			Start talking to your doctor at age 40 years about when you should begin screening. Most women should begin yearly mammograms at age 45 years. ¹	Ages 55 through 74 years: mammograms every other year.		After age 75 years, discuss benefits and limitations.
Cervical Cancer (Women)	Pap test every 3 years ages 21 to 65 years or Pap test with Human papillomavirus (HPV) screening every 5 years for ages 30 to 65 years.					
Colorectal Cancer	Not routine except for adults at high risk.			Colonoscopy at age 50 years and then every 10 years; or annual fecal occult blood test (FOBT) plus sigmoidoscopy every five years; or sigmoidoscopy every five years.		
Skin Cancer	Total skin exams every 3 years if at risk.		Yearly total skin exam.			
Testicular and Prostate Cancer (Men)	Clinical testicular exam at each wellness visit. Prostate cancer screenings should not occur without understanding the uncertainties, risks and potential benefits. Men at average risk should begin talking to their doctors by age 50 years; earlier if at high risk.					
Other Recommended Screenings/Tests						
Abdominal Aortic Aneurysm						Screen once for men ages 65 to 75 who have smoked.
Blood Pressure (Hypertension)	Regular screenings for all adults.					
BMI	Yearly					
Cholesterol	Regular screening for men ages 20 to 35 years and women ages 20 to 45 years at increased risk for heart disease. Regularly for men over age 35 years and women over age 45 years at risk.					
Diabetes (Type 2)	Begin regular screenings starting at age 40 years if overweight or obese.					
Eye Exam	If recommended by doctor until age 40 years then every 2 to 4 years.			Every 1 to 3 years.		Every 1 to 2 years.
Hearing	Doctor will ask about hearing difficulties and refer for further diagnosis.					
Osteoporosis (Women)				Bone Mass Density (BMD) testing: age 65 years and older and younger women who are at risk.		
Sexually Transmitted (STDs)/Human Immunodeficiency Virus (HIV)	All ages should be screened if sexually active.					

¹ The guidelines are for women at average risk for breast cancer. Women at high risk – because of family history, a breast condition, or another reason – need to begin screening earlier and/or more often. Talk to your health care provider about what is right for you.

(Continues)



Horizon Blue Cross Blue Shield of New Jersey

HorizonBlue.com

Immunizations	19 to 21 years	22 to 26 years	27 to 49 years	50 to 59 years	60 to 64 years	65+ years
Haemophilus Influenza type B (Hib)	1 or 3 doses if not previously immunized if diagnosed with asplenia, sickle cell anemia or stem cell transplant and other risk factors.					
Hepatitis A	2 doses if you did not get this vaccine when you were a child or if you are at risk.					
Hepatitis B	3 doses if you did not get this vaccine when you were a child or if you are at risk.					
HPV - Women	3 doses if you did not get this vaccine when you were younger.					
HPV-Men	3 doses if you did not get this vaccine when you were younger.	Through age 26 years if at high risk and not previously vaccinated.				
Influenza (Flu)	Yearly					
Measles, Mumps, Rubella (MMR)	1 to 2 doses if you did not get this vaccine when you were a child.					
Meningococcal (Meningitis)	1 or more doses if you are at risk.					
Pneumococcal	PCV13: 1 dose PPSV23: At least 1 dose depending on age and health condition.					Check with your doctor.
Shingles (Zoster)					1 dose even if you have had shingles before.	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Td booster every 10 years. One does of Tdap. Women should get Tdap during pregnancy to help protect baby.					
Varicella (Chicken Pox)	All adults who lack immunity should receive 2 does if not previously vaccinated.					

Discuss these guidelines with your doctor and use them in planning to get preventive care services.

Please check your Horizon BCBSNJ member materials or with your benefits administrator for information about your preventive coverage. You can also visit HorizonBlue.com and sign in to Member Online Services and under the *My Coverage* section, click the *What's Covered* tile. You can also send Member Services a message through *My Messages* or *Chat* or call the Member Services number on the back of your ID card to confirm coverage.

These preventive health guidelines are based on recommendations from the Centers for Disease Control and Prevention (CDC), Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, American College of Obstetricians and Gynecologists, American Academy of Pediatrics and other nationally recognized authorities, available at the time of publication. These preventive health guidelines are a general guide intended to be used for educational purposes only. These guidelines are continually reviewed and updated and are subject to change.

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

Spanish (Español): Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

Chinese (中文)：如需中文協助，請致電 **1-800-355-BLUE (2583)**。