

# Preventive Health Checklist

Preventive care saves lives



An Independent Licensee of the Blue Cross Blue Shield Association

The checklist below provides a high-level snapshot of recommended preventive services for patients, ages 18 to 80.<sup>1,2</sup>

Some preventive screenings are covered at **no out-of-pocket cost**. Check with your provider to see, then be sure to get your preventive care!

	Recommended Preventive Activity	Age Range						How Often?	
		18	30	40	50	60	70		80
Screening Tests	Alcohol Misuse Screening and Counseling	Annually							
	Blood Pressure Screening (Hypertension)	Annually							
	Cholesterol Screening	Annually							
	Colorectal Cancer Screening			✓	✓	✓	✓	Every 10 years unless noted otherwise	
	Depression Screening	Annually							
	Hepatitis C Virus Infection Screening	✓	✓	✓	✓	✓	✓	At least once in a lifetime	
	HIV Infection Screening	✓	✓	✓	✓	✓			
	Lung Cancer Screening for Long-Term Smokers				✓	✓	✓	✓	
	Obesity Screening and Counseling (BMI ≥ 30)	Annually							
	Prediabetes and Diabetes Screening		✓	✓	✓	✓	✓	Annually	
	Sexually Transmitted Infections Screening and Counseling	Annually							
Skin Cancer Screening and Counseling	Annually								
Immunizations <sup>3</sup>	Chickenpox <sup>4</sup> (Varicella Disease)	✓	✓	✓	✓	✓	✓	✓	
	COVID-19	Annually							
	Human Papillomavirus (HPV)	✓	✓	✓				2-3 doses, one time	
	Influenza	Annually							
	Pneumonia					✓	✓	✓	Ask your provider
	Shingles (Herpes Zoster)				✓	✓	✓	✓	2-3 doses, one time
	Tetanus, Diphtheria, Pertussis (Tdap)	✓	✓	✓	✓	✓	✓	✓	Every 10 years unless noted otherwise
Whole Health & Wellness	Annual Physical Exam	Annually							
	Fall Prevention in Older Adults					✓	✓	✓	Annually
	Nutrition Counseling (Diet for High-Risk Adults)	Annually							
	Tobacco Use Counseling and Interventions	Annually							

# Preventive Health Checklist

## Men's Checklist

Ages 18 to 80

Recommended Preventive Activity	Age Range							How Often?
	18	30	40	50	60	70	80	
Abdominal Aortic Aneurysm Screening					✓	✓		
Prostate Cancer Counseling <sup>5</sup>				✓	✓			

## Women's Checklist

Ages 18 to 80

Recommended Preventive Activity	Age Range							How Often?
	18	30	40	50	60	70	80	
Birth Control Counseling	✓	✓	✓					Annually
Bone Density				✓	✓	✓	✓	
Breast Cancer Screening			✓	✓	✓	✓		Annually
Cervical Cancer Screening (starts at age 21)		✓	✓	✓	✓			Annually
Prenatal Care (if pregnant)	✓	✓	✓					
Relationship Violence Counseling	Annually							

## Start your preventive care today!

Find a **Doctor** or view your plan benefits from your member portal at [azblue.com/MyBlue](http://azblue.com/MyBlue).

<sup>1</sup> CDC Prevention Checklist: <http://www.cdc.gov/prevention>

<sup>2</sup> These recommendations come from the U.S. Preventive Services Task Force (USPSTF), the Advisory Committee on Immunization Practices (ACIP), the Bright Futures (BF) Guidelines, and the Institute of Medicine (IOM).

<sup>3</sup> These vaccines are for all ages and should only be administered by a healthcare provider if risk factors are presented in the patient: Pneumococcal Polysaccharide Vaccine; Pneumococcal Conjugate Vaccine; Meningococcal; Hepatitis A; Hepatitis B.

<sup>4</sup> Never had chickenpox or vaccination. The CDC recommends two doses of chickenpox vaccine for children, adolescents, and adults who have never had chickenpox and were never vaccinated. In children, the first dose is recommended at 12-15 months old and second dose at 4-6 years old.

<sup>5</sup> Although screening for prostate cancer with prostate specific antigen (PSA) can reduce mortality from prostate cancer, the absolute risk reduction is very small. Given limitations in the design and reporting of the randomized trials, there remain important concerns about whether the benefits of screening outweigh the potential harms to quality of life, including the substantial risks for overdiagnosis and treatment complications. Men who are willing to accept a substantial risk of morbidity associated with treatment in return for a small reduction in mortality might reasonably choose to be screened. Men who are at increased risk of prostate cancer because of race or family history may be more likely to benefit from screening. Based on this information, it is very important to discuss with your physician the risks and benefits of prostate cancer screening for yourself. Source: UpToDate.com: Screening for prostate cancer, by Richard M Hoffman, MD, MPH; Topic 7567 Version 61.0; <https://www.uptodate.com/contents/screening-for-prostate-cancer>