

Member Preventive Health Guidelines

For You and
Your Family

2012



Western Health Advantage

Welcome

These guidelines are designed to help you understand the preventive screening exams and services available to you and your family. They can easily be viewed, downloaded, or printed. A mailed copy can be provided upon request by calling Member Services at 916.563.2250 or 888.563.2250.

By following these health guidelines and working with your healthcare provider, you are taking important steps to help safeguard you and your family's health.

Birth - 2 Years Old	1	4	18 - 39 Years Old
3 - 10 Years Old	2	5	40 - 64 Years Old
11 - 17 Years Old	3	6	65+ Years Old

Immunizations

Children, as well as adults need to be immunized against communicable diseases. For adults, your healthcare provider will want to discuss flu and other vaccines that will benefit you, depending on your personal health history.

Visit our website mywha.org/shots for current immunization recommendations.

All immunization and preventive health care information contained in this booklet are based on recommendations from nationally recognized organizations, such as the American Academy of Pediatrics; American Academy of Pediatric Dentistry; American Heart Association; American Cancer Society; American College of Obstetrics and Gynecology; Center for Disease Control and Prevention; Agency for Healthcare Research and Quality; California Department of Public Health, Childhood Lead Poisoning Prevention Branch; Implementation Guide from the Childhood Obesity Action Network; Kids Health; National Institute for Health Care Management; Children's Safety Network; U.S. Preventive Services Task Force

Importante: ¿Puede leer esta documento? Si no, nosotros le podemos ayudar a leerla. Además, usted puede recibir esta carta escrita en español. Para obtener ayuda gratuita, llame ahora mismo al Western Health Advantage 916.563.2250 o 888.563.2250 lunes a viernes de 8 a.m. – 5 p.m.

Ages Birth - 2

EXAMS

A visit to your child's healthcare provider includes a thorough physical exam and questions about your child's health history.

Well-Baby Exam: Physical exams are completed at birth and are recommended when your baby is between 3 - 5 days old. Thereafter, exams are recommended at 1, 2, 4, 6, 9, 12, 15, 18, & 24 months.

HEALTH EDUCATION

During a visit to your child's healthcare provider, information about what to expect at each stage of a child's life (*developmental milestones*) will be provided including education on healthy habits specific to your child and family's needs.

As your child continues to grow, health care needs will change. Well-baby and well-child visits allow you and your child's healthcare provider to discuss health topics that are important to your child's needs, such as:

Anemia Prevention: Aged 6 – 12 months: Your child's healthcare provider will discuss giving iron supplements if your child is at risk for anemia. (*Iron supplements are available over the counter and are not covered by your pharmacy benefit.*)

Safe Sleeping Positions

Breast Feeding: How it benefits infants

Child Safety

Developmental Milestones

Dental Health / Referrals: By age 3

Healthy Weight and Nutrition

Immunizations: Your child's healthcare provider will want to ensure your child's immunizations are up-to-date

Injury and Violence Prevention

Psychosocial Development



HEALTH SCREENINGS

In addition to health education and a physical exam, your child's healthcare provider will want to ensure your child is getting the right preventive health screenings for his or her particular health needs. Your child's healthcare provider will typically advise that these screenings be completed before, during or soon after your child's visit:

Anemia screening Children: under age 18

Hypothyroidism: All newborns

Dental caries: Between 6 - 12 months when the first tooth comes in, then again at 18 & 24 months

Hearing: At birth and at each visit

Phenylketonuria: At birth, to check for an enzyme important for growth

Weight, Length & Head Circumference At birth and at each visit

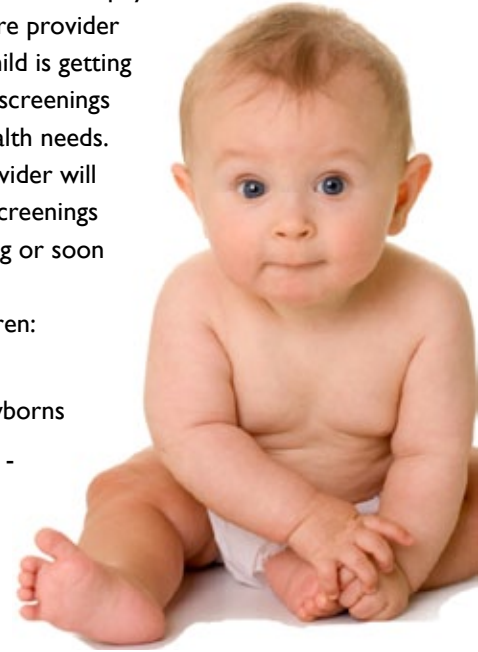
Sickle Cell Disease: At birth

Lead Poisoning: Up to age 7

Visual Impairment testing: Ages under 5 years to detect amblyopia, strabismus, and defects in visual acuity

Obesity and Body Mass Index (BMI): Beginning at age 2

Tuberculosis (TB) Skin test: As recommended by your child's healthcare provider



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Ages 3 - 10

EXAMS

A visit to your child's healthcare provider includes a thorough physical exam and questions about your child's health history.

Annual Physical Exam: Are recommended beginning at age 30 months (2 1/2 years)

HEALTH EDUCATION

During your visit to your child's healthcare provider, information about what to expect at each stage of a child's life (*developmental milestones*) will be provided, including education on healthy habits specific to your child and family's needs.

As your child continues to grow, health care needs will change. Well-baby and well-child visits allow you and your child's healthcare provider to discuss health topics that are important to your child's needs, such as:

Physical Activity: Your child's healthcare provider will want to ensure activity is part of your child's daily routine

Sleeping Patterns: Adolescents and pre-adolescents need at least 8 1/2 to more than 9 hours of sleep each night

Child Safety

Developmental Milestones

Dental Health/Referrals: By age 3

Healthy Weight and Nutrition

Immunizations: Your child's healthcare provider will want to ensure your child's immunizations are up-to-date

Injury and Violence Prevention

Psychosocial Development



HEALTH SCREENINGS

In addition to health education and a physical exam, your healthcare provider will ensure your child is getting the appropriate immunizations and preventive health screenings for his or her particular health needs. Your child's healthcare provider will typically advise that these screenings be completed before, during or soon after your child's visit:

Anemia screening: Children under age 18

Lead Poisoning: Up to age 7

Visual Impairment: Ages under 5 years to detect amblyopia, strabismus, and defects in visual acuity

Height and Weight: At each well child visit

Cholesterol: At risk children

Blood Pressure: Annually for children over 3 years of age

Obesity and Body Mass Index (BMI): Beginning at age 2

Tuberculosis (TB) Skin test: As recommended by your child's healthcare provider



Visit our website mywha.org/shots for current immunization recommendations.

Ages 11 - 17

EXAMS

A visit to your child's healthcare provider includes a thorough physical exam and questions about your child's health history.

Annual Physical Exam: Are recommended beginning at age 30 months (2 1/2 years)

HEALTH EDUCATION

During your visit to your child's healthcare provider, information about what to expect at each stage of a child's life (*developmental milestones*) will be provided including, education on healthy habits specific to your child and family's needs.

As your child continues to grow, health care needs will change. Well-baby and well-child visits allow you and your child's healthcare provider to discuss health topics that are important to your child's needs, such as:

Physical Activity: Your child's healthcare provider will want to ensure activity is part of your child's daily routine

Sleeping Patterns: Adolescents and pre-adolescents need at least 8 1/2 to more than 9 hours of sleep each night

Child Safety

Developmental Milestones

Dental Health/Referrals: By age 3

Healthy Weight and Nutrition

Immunizations: Your child's healthcare provider will want to ensure your child's immunizations are up-to-date

Injury and Violence Prevention

In addition, your child's healthcare provider will discuss the health risks for the following:

Alcohol and Substance abuse

Depression

Sexual Behavior

Tobacco Use



HEALTH SCREENINGS

In addition to health education and a physical exam, your healthcare provider will ensure your child is getting the appropriate immunizations and preventive health screenings for his/her particular health needs. Your child's healthcare provider will typically advise that these screenings be completed before, during or soon after your child's visit:

Anemia screening: Children under age 18

Chlamydia: Sexually active females who are at risk, pregnant females and others who are also at risk

Depression

Developmental / Behavioral Assessments

HIV: All adolescents at increased risk for infection and all pregnant females

Syphilis: Persons at increased risk for infection and all pregnant females

Blood Pressure: Annually

Cholesterol: At risk adolescents

Height and Weight: At each well-child visit

Obesity and Body Mass Index (BMI)

Tuberculosis (TB) Skin test: As recommended by your child's healthcare provider



Visit our website mywha.org/shots for current immunization recommendations.

Ages 18 - 39

EXAMS

In addition to a physical examination, your healthcare provider may ask you questions that cover your personal and family health history. The frequency of visits depends on your personal health history and recommended health screenings.

Yearly Health Maintenance Visit: Are recommended up to age 20; At least two visits for healthy young adults in their 20s

WOMEN

Yearly Women Well Visit

HEALTH EDUCATION

During each visit, your healthcare provider may discuss certain health topics based on age, gender and individual health care needs. Your healthcare provider may want to discuss the following:

Alcohol and Substance Use

Healthy Weight

Healthy Diet

Immunizations

Injury and Violence Prevention

Mental Health

Physical Activity

Sexual Behavior and Transmitted Diseases (STDs)

Tobacco Use and Avoidance

WOMEN

Breast Health: Chemoprevention for breast cancer for high-risk women Monthly self-breast exams (SBEs)

PREGNANT WOMEN

Breast Feeding

Folic Acid

Tobacco Use and Avoidance

HEALTH SCREENINGS

In addition to health education and a physical exam, your healthcare provider will include discussions about certain health screenings based on age, gender and individual health history. Your healthcare provider will typically have you complete these screenings before, during or soon after your visit:



Blood Pressure: At each visit

Depression

Height and Weight: At each visit

HIV: At risk for infection

Obesity and Body Mass Index (BMI)

Syphilis: At risk for infection

Type 2 Diabetes: Adults not showing symptoms with continued blood pressure greater than 135/80 mg HG

Tuberculosis (TB) Skin test: Ages under 21

MEN

Cholesterol: Beginning at age 20

WOMEN

Cervical Cancer: Yearly, beginning within 3 years of sexual activity or age 21 (whichever comes first) up to age 65, every 2 - 3 years for women ages 30+ with 3-normal Pap tests in a row and no history of cervical cancer

Cholesterol: Age 20+ who are at increased risk for coronary heart disease

Gonorrhea: At risk for infection

Breast Health: Clinical Breast exam (CBE) every 2 - 3 years; mammograms as advised

Chlamydia: Age 25 and under who are sexually active

Genetic Risk Assessment: For those whose family history is associated with an increased risk for breast or ovarian cancer

PREGNANT WOMEN

Anemia: Routine screening on pregnant women not showing symptoms

Asymptomatic Bacteriuria: At 12 - 16 weeks gestation or at first prenatal visit, if later

Chlamydia

Gonorrhea

HepB

HIV

RH (D) Incompatibility



Ages 40 - 64

EXAMS

In addition to a physical examination, your healthcare provider may ask you questions that cover your personal and family health history. The frequency of visits depends on your personal health history and recommended health screenings. The following are recommended:

Yearly Health Maintenance: Based on your personal history, age, gender and recommended health screenings: every 1 – 3 years, ages 50+ yearly.

WOMEN

Yearly Women Well Visit

HEALTH EDUCATION

During each visit your healthcare provider may discuss certain health topics based on your age, gender and individual health care needs. Topics such as:

Alcohol and Substance Abuse

Healthy Weight

Healthy Diet

Immunizations

Injury and Violence Prevention

Mental Health

Physical Activity

Sexual Behavior and Sexually Transmitted Diseases (STDs)

Tobacco Use and Avoidance

Aspirin Therapy

WOMEN

Breast Health: Chemoprevention for breast cancer for high-risk women Monthly self-breast exams (SBEs)

PREGNANT WOMEN

Breast Feeding

Folic Acid

Tobacco Use and Avoidance

HEALTH SCREENINGS

In addition to health education and a physical exam, your healthcare provider will include discussions about certain health screenings based on age gender and individual health history. Your healthcare provider will typically have you complete these screenings either before, during or soon after your visit:

Blood Pressure: At each visit

Depression

Height and Weight: At each visit

HIV: At risk for infection

Obesity and Body Mass Index (BMI)

Syphilis: At risk for infection

Type 2 Diabetes: Adults not showing symptoms with continued blood pressure greater than 135/80 mg HG

Colorectal Cancer: Yearly fecal occult blood testing, ages 40 - 49; Ages 50+ fecal occult blood testing sigmoidoscopy every 5 years, or colonoscopy every 10 years (*Procedures to treat any abnormalities will require a copayment, even if performed at the same time as the screening*)

MEN

Cholesterol

Prostate Cancer: Ages 45+ at risk

WOMEN

Cervical Cancer: Yearly, or every 2 - 3 years for women ages 30+ with 3 normal Pap tests in a row and no history of cervical cancer

Cholesterol: At risk for heart disease

Gonorrhea: At risk for infection

Breast Health: Ages 40+ yearly clinical breast exam (CBE); Yearly mammogram screenings

Genetic Risk Assessment: For those whose family history is associated with an increased risk for breast or ovarian cancer

PREGNANT WOMEN

Asymptomatic Bacteriuria

Anemia: Routine screening on pregnant women not showing symptoms

Chlamydia

Gonorrhea

HIV

HepB

Syphilis

RH (D) Incompatibility



EXAMS

In addition to performing a physical examination, your healthcare provider may ask you questions that cover your personal and family health history. The frequency of visits depends on your personal health history and recommended health screenings. The following is recommended:

Yearly Health Maintenance Visit: Based on your personal history, age, gender and recommended health screenings.

WOMEN:

Annual Women Well Visit

HEALTH EDUCATION

During each visit your healthcare provider may discuss certain health topics based on your age, gender and individual healthcare needs. Topics such as:

Alcohol and Substance Abuse

Healthy Weight

Healthy Diet

Immunizations

Injury and Violence prevention

Mental Health

Physical Activity

Sexual Behavior and Sexually Transmitted Diseases (STDs)

Tobacco Use and Avoidance

Aspirin Therapy

WOMEN:

Breast Health: Chemoprevention for breast cancer for high-risk women; monthly self-breast exams (SBEs)



HEALTH SCREENINGS

In addition to health education and a physical exam, your healthcare provider will ensure you are getting the appropriate flu vaccines and other immunizations. Your healthcare provider will encourage you to complete certain preventive health screenings that are specific to your age, gender and health needs. These will typically be expected to be completed before, during or soon after your visit.

Blood Pressure: At each visit

Depression

Height and Weight: At each visit

HIV: At risk for infection

Obesity and Body Mass Index (BMI)

Syphilis: At risk for infection

Type 2 Diabetes: Adults not showing symptoms with continued blood pressure greater than 135/80 mg HG

Colorectal Cancer: Yearly fecal occult blood testing, ages 40 - 49; Ages 50+ fecal occult blood testing sigmoidoscopy every 5 years, or colonoscopy every 10 years (*Procedures to treat any abnormalities will require a copayment, even if performed at the same time as the screening.*)

MEN

Abdominal Aortic Aneurysm: One time screening by ultrasonography in men ages 65 - 75 who have ever smoked

Cholesterol

Prostate Cancer

WOMEN

Cervical Cancer: Yearly, or every 2 - 3 years for women ages 30+ with 3 normal Pap tests in a row and no history of cervical cancer

Cholesterol: At risk for heart disease

Gonorrhea: At risk for infection

Breast Health: Yearly clinical breast exam (CBE);
Mammogram screenings

