

Aetna Preventive Care Schedule

Screening Recommendations for:

Males, Ages Birth to 6 Years

Below is a summary of preventive service recommendations for healthy children with normal risk. Talk with your doctor to find out what preventive services are right for your children and when they should have them. A full list of the most current screening recommendations can be found on the U.S. Preventive Services Task Force (USPSTF) website at

<http://www.ahrq.gov/clinic/uspstfix.htm>. Vaccine schedules change often. The most current recommendations for vaccines can be found on the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/vaccines. A catch-up vaccine schedule is also available at the CDC website for children who have fallen behind or started late.

Screening Tests*	Recommendations
Phenylketonuria (PKU), sickle cell disease, hypothyroidism	Once--Newborns
Hearing	Once--Newborns before 1 month of age
Vision	Once-- 3-5 years of age
Body mass index (BMI)	Periodically-- 6-18 years of age
Vaccines**	Recommendations
Hepatitis B	3-4 Doses--1 dose at birth; 1 dose 1-2 months later; 1 dose at 4 months of age ¹ ; and 1 dose between 6-18 months of age
Hepatitis A	2 Doses-- 1 dose between 12-23 months of age; 1 dose 6-18 months later
Rotavirus	2-3 Doses-- 1 dose each at age 2, 4, and 6 months of age ¹
Diphtheria-tetanus-pertussis	5 Doses-- 1 dose each at age 2, 4, and 6 months of age; 1 dose between 15-18 months of age; and 1 dose between 4-6

(DTap)	years of age
Inactivated polio (IPV)	4 Doses-- 1 dose each at age 2 and 4 months of age; 1 dose between 6-18 months of age; and 1 dose between 4-6 years of age
H. Influenzae type b (Hib)	3-4 Doses-- 1 dose each at age 2, 4, and 6 months of age ¹ ; and 1 dos between 12-15 months of age
Pneumococcal conjugate (PCV)	4 Doses ² -- 1 dose each at age 2, 4, and 6 months of age; and 1 dose between 12-15 months of age
Measles-mumps-rubella (MMR)	2 Doses-- 1 dose between 12-15 months of age; and 1 dose between 4-6 years of age
Chicken pox (varicella)	2 Doses-- 1 dose between 12-15 months of age; and 1 dose between 4-6 years of age
Influenza	Every flu season-- Beginning at 6 months of age ³

Screening Recommendations for:

Males, Ages 7 to 12 Years

Screening Tests*	Recommendations
Depression	Routinely---12-18 years of age
Body mass index (BMI)	Periodically-- 6-18 years of age
Tobacco use prevention	Routinely-- school-aged children and adolescents

Vaccines**

Recommendations

Tetanus-diphtheria-
pertussis (Tdap)

1 Dose--1 dose between 11-12 years of age

Meningococcal

1 Dose-- 1 dose between 11-12 years of age

Influenza

Every flu season-- Beginning at 6 months of age¹

Human
papillomavirus (HPV)

3 Doses-- 1 dose between 11-12 years of age; 1 dose 2 months later; 1 dose 6 months after the first dose

Screening Recommendations for:

Males, Ages 13 to 18 Years

Screening Tests*

Recommendations

Blood pressure

Every 2 years-- 18 years of age and older

Body mass index (BMI)

Periodically-- 6-18 years of age

Human
immunodeficiency virus
(HIV)

Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated

Alcohol misuse

Routinely-- 18 years of age and older

Depression

Routinely-- 12-18 years of age

Tobacco use prevention

Routinely-- school-aged children and adolescents

Vaccines**	Recommendations
Influenza	Every flu season-- Beginning 6 months of age
Meningococcal	1 Dose-- 1 dose at 16 years of age

Screening Recommendations for:

Males, Ages 19 to 39 Years

Screening Tests*	Recommendations
Blood pressure	Every 2 years-- 18 years of age and older
Body mass index (BMI)	Periodically-- 18 years of age and older
Cholesterol	Every 5 years-- 35 years of age and older
Human immunodeficiency virus (HIV)	Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated.
Alcohol misuse	Routinely-- 18 years of age and older
Depression	Routinely-- 18 years of age and older
Tobacco use	Routinely-- 18 years of age and older

Vaccines**	Recommendations
Tetanus-diphtheria-pertussis (Td/Tdap)	1 dose Tdap, then Td every 10 years-- 19 years of age and older
Influenza	Every flu season

Screening Recommendations for:

Males, Ages 40 to 64 Years

Screening Tests*	Recommendations
Blood pressure	Every 2 years-- 18 years of age and older
Body mass index (BMI)	Periodically-- 18 years of age and older
Cholesterol	Every 5 years -- 35 years of age and older
Colorectal	Beginning at 50 years of age to 75 years of age--yearly screening with high-sensitivity stool test for blood, OR sigmoidoscopy every 5 years with high sensitivity stool test for blood every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.
Hepatitis C (HCV)	Once-- Adults born between 1945 and 1965. People at high risk for infection should also be screened.
Human immunodeficiency virus (HIV)	Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated.
Alcohol misuse	Routinely-- 18 years of age and older
Tobacco use	Routinely-- 18 years of age and older
Depression	Routinely-- 18 years of age and older
Vaccines**	Recommendations

Tetanus-diphtheria-pertussis (Td/Tdap)	1 dose Tdap, then Td every 10 years--19 years of age and older
Influenza	Every flu season
Zoster	1 dose -- 60 years of age and older

Screening Recommendations for:

Males, Ages 65 and Over

Screening Tests*	Recommendations
Blood pressure	Every 2 years-- 18 years of age and older
Body mass index (BMI)	Periodically-- 18 years of age and older
Cholesterol	Every 5 years -- 35 years of age and older
Abdominal aortic aneurysm	Once-- 65-75 years of age who have ever smoked tobacco
Colorectal	Beginning at 50 years of age to 75 years of age--yearly screening with high-sensitivity stool test for blood, OR sigmoidoscopy every 5 years with high sensitivity stool test for blood every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.
Hepatitis C virus (HCV)	Once-- Adults born between 1945 and 1965. People at high risk for infection

Human immunodeficiency virus (HIV)

should be screened.

Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated.

Alcohol misuse

Routinely-- 18 years of age and older

Depression

Routinely-- 18 years of age and older

Tobacco use

Routinely-- 18 years of age and older

Vaccines**

Recommendations

Influenza

Every flu season

Pneumococcal

1 dose-- 65 years of age and older

Tetanus-diphtheria-pertussis (Td/Tdap)

1 dose Tdap, then Td every 10 years-- 19 years of age and older

Zoster

1 dose -- 60 years of age and older

Screening Recommendations for:

Females, Ages Birth to 6 Years

Screening Tests*

Recommendations

Phenylketonuria (PKU), sickle cell disease, hypothyroidism

Once--Newborns

Hearing

Once--Newborns before 1 month of age

Vision

Once-- 3-5 years of age

Body mass index (BMI)

Periodically-- 6-18 years of age

Vaccines**

Recommendations

Hepatitis B

3-4 Doses--1 dose at birth; 1 dose 1-2 months later; 1 dose at 4 months of age¹; and 1 dose between 6-18 months of age

Hepatitis A

2 Doses-- 1 dose between 12-23 months of age; 1 dose 6-18 months later

Rotavirus

2-3 Doses--1 dose each at age 2,4, and 6 months of age¹

Diphtheria-tetanus-pertussis (DTaP)

5 Doses-- 1 dose each at age 2, 4, and 6 months of age; 1 dose between 15-18 months of age; and 1 dose between 4-6 years of age

Inactivated polio (IPV)

4 Doses--1 dose each at age 2 and 4 months of age; 1 dose between 6-18 months of age; and 1 dose between 4-6 years of age

H. influenzae type b (Hib)

3-4 Doses-- 1 dose each at age 2,4, and 6 months of age¹; and 1 dose between 12-15 months of age

Pneumococcal conjugate (PCV)

4 Doses²-- 1 dose each at age 2,4, and 6 months of age; and 1 dose between 12-15 months of age

Measles-mumps-rubella (MMR)

2 Doses-- 1 dose between 12-15 months of age; and 1 dose between 4-6 years of age

Chicken pox (varicella)

2 Doses-- 1 dose between 12-15 months of age; and 1 dose between 4-6 years of age

Influenza

Every flu season-- Beginning at 6 months of age³

Screening Recommendations for:

Females, Ages 7 to 12 Years

Screening Tests*

Recommendations

Depression

Routinely---12-18 years of age

Tobacco use prevention

Routinely -- school-aged children and adolescents

Body mass index (BMI)

Periodically-- 6-18 years of age

Vaccines**

Recommendations

Tetanus-diphtheria-pertussis (Tdap)

1 Dose--1 dose between 11-12 years of age

Meningococcal

1 Dose-- 1 dose between 11-12 years of age

Human papillomavirus (HPV)

3 Doses-- 1 dose between 11-12 years of age; 1 dose 2 months later; 1 dose 6 months after the first dose

Influenza

Every flu season-- Beginning at 6 months of age¹

Screening Recommendations for:

Females, Ages 13 to 18 Years

Screening Tests*	Recommendations
Blood pressure	Every 2 years-- 18 years of age and older
Body mass index (BMI)	Periodically-- 6-18 years of age
Chlamydia	Routinely-- 24 years of age and younger and sexually active
Human immunodeficiency virus (HIV)	Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated.
Alcohol misuse	Routinely-- 18 years of age and older
Depression	Routinely-- 12-18 years of age
Tobacco use prevention	Routinely-- school-aged children and adolescents
Intimate partner violence	Routinely- women of childbearing age
Vaccines**	Recommendations
Influenza	Every flu season-- Beginning 6 months of age
Meningococcal	1 Dose-- 1 dose at 16 years of age

Perinatal Screening
Tests***

Recommendations

Bacteriuria

Urine culture--12-16 weeks' gestation
or first prenatal visit, whichever is first

Hepatitis B virus
(HBV)

First prenatal visit

Rh (D) antibody

First prenatal visit -- repeat at 24-28
weeks' gestation for all unsensitized Rh
(D)-negative women, unless the
biological father is known to be Rh (D)-
negative

Human
immunodeficiency
virus (HIV)

During pregnancy

Syphilis

During pregnancy

Iron deficiency
anemia

During pregnancy

Gestational diabetes

During pregnancy -- after 24 weeks

Breastfeeding

During and after pregnancy--
breastfeeding counseling

Tobacco use

During pregnancy--pregnancy-tailored
counseling for those who smoke

Perinatal Vaccines***

Recommendations

Tetanus-diphtheria-pertussis (Tdap)

1 dose - during each pregnancy

Screening Recommendations for:

Females, Ages 19 to 39 Years

Screening Tests*	Recommendations
Blood pressure	Every 2 years-- 18 years of age and older
Body mass index (BMI)	Periodically-- 18 years of age and older
Cervical	Every 3 years-- Pap smear for women 21-65 years of age. Women 30-65 years of age may have a Pap smear AND human papillomavirus (HPV) testing every 5 years. Talk with your doctor to discuss the method of screening that is right for you.
Chlamydia	Routinely-- 24 years of age and younger and sexually active
Human immunodeficiency virus (HIV)	Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated
Depression	Routinely-- 18 years of age and older
Alcohol misuse	Routinely-- 18 years of age and older
Tobacco use	Routinely-- 18 years of age and older
Intimate partner violence	Routinely- women of childbearing age

Vaccines**

Recommendations

Tetanus-diphtheria-pertussis (Td/Tdap)

1 dose Tdap, then Td every 10 years--19 years of age and older

Influenza

Every flu season

Perinatal Screening Tests***

Recommendations

Bacteriuria

Urine culture--12-16 weeks' gestation or first prenatal visit, whichever is first

Hepatitis B virus (HBV)

First prenatal visit

Rh (D) antibody

First prenatal visit -- repeat at 24-28 weeks' gestation for all unsensitized Rh (D)-negative women, unless the biological father is known to be Rh (D)-negative

Human immunodeficiency virus(HIV)

During pregnancy

Syphilis

During pregnancy

Iron deficiency anemia

During pregnancy

Gestational diabetes

During pregnancy--after 24 weeks

Breastfeeding

During and after pregnancy--breastfeeding counseling

Tobacco use

During pregnancy--pregnancy-tailored counseling for those who smoke

Perinatal Vaccines***

Recommendations

Tetanus-diphtheria-pertussis (Tdap)

1 dose - during each pregnancy

Screening Recommendations for:

Females, Ages 40 to 64 Years

Screening Tests*

Recommendations

Blood pressure

Every 2 years-- 18 years of age and older

Body mass index (BMI)

Periodically-- 18 years of age and older

Mammogram¹

Every 1-2 years -- 40 years of age and older

Cervical

Every 3 years-- Pap smear for women 21-65 years of age. Women 30-65 years of age may have a Pap smear AND human papillomavirus (HPV) testing every 5 years. Talk with your doctor to discuss the method of screening that is right for you.

Colorectal

Beginning at 50 years of age to 75 years of age--yearly screening with high-sensitivity stool test for blood, OR sigmoidoscopy every 5 years with high sensitivity stool test for blood every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.

Hepatitis C (HCV)

Once-- Adults born between 1945 and 1965. People at high risk for infection

Human immunodeficiency virus (HIV)

should also be screened.

Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated.

Depression

Routinely-- 18 years of age and older

Alcohol misuse

Routinely-- 18 years of age and older

Tobacco use

Routinely-- 18 years of age and older

Intimate partner violence

Routinely- women of childbearing age

Vaccines**

Recommendations

Tetanus-diphtheria-pertussis (Td/Tdap)

1 dose Tdap, then Td every 10 years-- 19 years of age and older

Influenza

Every flu season

Zoster

1 dose -- 60 years of age and older

Perinatal Screening Tests***

Recommendations

Bacteriuria

Urine culture--12-16 weeks' gestation or first prenatal visit, whichever is first

Hepatitis B virus (HBV)

First prenatal visit

Rh (D) antibody

First prenatal visit -- repeat at 24-28 weeks' gestation for all unsensitized Rh (D)-negative women, unless the biological father is known to be Rh (D)-negative

Human immunodeficiency virus (HIV)

During pregnancy

Syphilis

During pregnancy

Iron deficiency anemia

During pregnancy

Gestational diabetes

During pregnancy--after 24 weeks

Breastfeeding

During and after pregnancy--breastfeeding counseling

Tobacco use

During pregnancy--pregnancy-tailored counseling for those who smoke

Vaccines***

Recommendations

Tetanus-diphtheria-pertussis (Tdap)

1 dose - during each pregnancy

Screening Recommendations for:

Females, Ages 65 and Over

Screening Tests*

Recommendations

Blood pressure

Every 2 years-- 18 years of age and older

Body mass index (BMI)

Periodically-- 18 years of age and older

Mammogram¹

Every 1-2 years -- 40 years of age and older

Colorectal

Beginning at 50 years of age to 75 years of age--yearly screening with high-

	sensitivity stool test for blood, OR sigmoidoscopy every 5 years with high sensitivity stool test for blood every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.
Hepatitis C virus (HCV)	Once-- Adults born between 1945 and 1965. People at high risk for infection should also be screened.
Osteoporosis (bone density test)	Routinely-- 65 years of age and older
Human immunodeficiency virus (HIV)	Once-- 15-65 years of age. Talk with your doctor about when screening should be repeated.
Depression	Routinely-- 18 years of age and older
Alcohol misuse	Routinely-- 18 years of age and older
Tobacco use	Routinely-- 18 years of age and older
Vaccines**	Recommendations
Influenza	Every flu season
Pneumococcal	1 dose-- 65 years of age and older
Tetanus-diphtheria-pertussis (Td/Tdap)	1 dose Tdap, then Td every 10 years-- 19 years of age and older
Zoster	1 dose -- 60 years of age and older

*The preventive health screenings are based on the recommendations of the U.S. Preventive Service Task Force (USPSTF) found online at

<http://www.uspreventiveservicestaskforce.org/Page/Name/recommendations> as of February 11, 2015.

**The vaccine recommendations are based on the Centers of Disease Control and Prevention (CDC) found online at <http://www.cdc.gov/vaccines/schedules/> as of February 11, 2015. ¹Based on the breast cancer screening recommendations of the National Cancer Institute (NCI) at

www.cancer.gov/cancertopics/factsheet/detection/mammograms as of February 11, 2015.

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