

Exams

Annual exam from ages 13 to 21

Routine Screenings/Tests

- **Assessment** of pubertal status, behavior, risk of depression/suicide and tobacco exposure/use
- **Blood pressure:** annual screening
- **Blood sugar level:** annual screening starting at age 12
- **Cancer** screenings starting at age 18
- **Cervical cancer:** screening every two years within three years of sexual activity or by age 21
- **Cholesterol level:** at any age if at high risk; total blood cholesterol and HDL-C once between 11–17 and every five years starting at age 18
- **Clinical testicular exam** for males and clinical **breast exam** for females starting at age 18
- **Dilated eye exam:** every 10 years from ages 13 to 40; annually for diabetics
- **Height and weight;** screen for obesity and record Body Mass Index
- **Hemoglobin/hematocrit:** annual screening and risk assessment starting at age 11
- **Objective vision** screening at ages 15 and 18
- **Objective hearing** screening at age 18
- **Subjective hearing** screening at ages 13, 14, 15, 16, 17 and once between 19 and 21
- **Subjective vision** screening at ages 13, 14, 16, 17 and once between 19 and 21
- **Urinalysis**

Other Recommended Screenings/Tests

Please review to see if any of the following screenings are applicable for you or your family.

- **Chlamydia, gonorrhea and HIV:** annual screening of all high-risk persons; offer annual HIV screenings to all individuals age 13 and older
- **Diabetes:** screening as clinically indicated, especially if sustained blood pressure is greater than 135/80
- **Fasting plasma glucose or two-hour postload glucose:** every two years for those at high risk or at onset of puberty
- **Hepatitis C:** screening for high-risk adolescents and adults; offer counseling and testing to all adults with HIV
- **Mammogram:** for high-risk or symptomatic females starting at age 18
- **Retinal exam:** for high-risk individuals with diabetes starting at age 18
- **Rubella:** screening for susceptibility in all females of childbearing age
- **Tuberculosis:** annual screening starting at age 2



SCREENINGS

- Hepatitis A
- Hepatitis B
- Hib (Haemophilus Influenza) conjugate vaccine
- Human Papillomavirus quadrivalent (HPV4) or bivalent (HPV2)
- Meningococcal conjugate vaccine (MCV4) or the polysaccharide vaccine (MPSV4)
- MMR (Measles, Mumps, Rubella)
- Pneumococcal conjugate vaccine (PCV) or polysaccharide vaccine (PPV)
- Seasonal influenza vaccine
- Tdap (Tetanus, Diphtheria, Pertussis) and Tetanus (Td/Tdap)
- Varicella (Chickenpox)

The Centers for Disease Control and Prevention has detailed, up-to-date immunization schedule information available. To view a schedule for teens 13 to 18 years old, please visit: cdc.gov/vaccines/recs/schedules/child-schedule.htm. To view a schedule for young adults 18 and older, please visit: cdc.gov/vaccines/recs/schedules/adult-schedule.htm.

IMMUNIZATIONS

See next page for important information on counseling



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Cancer Prevention

- Breast self-exam instruction for females
- Testicular self-exam instruction for males
- Discuss breast cancer chemoprevention

Dental Health

- Toothbrushing, flossing and regular dental visits
- Fluoride supplements to prevent dental decay for children under 16 living in areas with inadequate water fluoridation

Diet and Exercise

- Counsel those at risk for hyperlipidemia and diet-related chronic conditions about a healthy diet
- Importance of nutrients and eating more high-fiber, iron- and calcium-rich foods, and foods high in folic acid (for females of childbearing age)
- Promote age-appropriate physical activities/exercise
- Limit television and computer/video games
- Counsel females about maintaining calcium intake to prevent osteoporosis
- Starting at 18:
 - Counseling and behavioral interventions to promote sustained weight loss in obese adults
 - Intensive dietary counseling for adults with high cholesterol or at risk for cardiovascular disease
- Participate in routine and frequent physical activity and exercise

Injury Prevention

- Use of safety belts, helmets and protective padding
- Avoiding violent behavior
- Risk of noise-induced hearing loss
- Safety precautions when using household equipment

Sexual Practices

- Sex education discussions about sexually transmitted diseases, safe sexual practices, unintended pregnancy and contraception
- Sexual development and behavior
- Reproductive health consultation
- Starting at 18: counseling about effective contraceptive methods

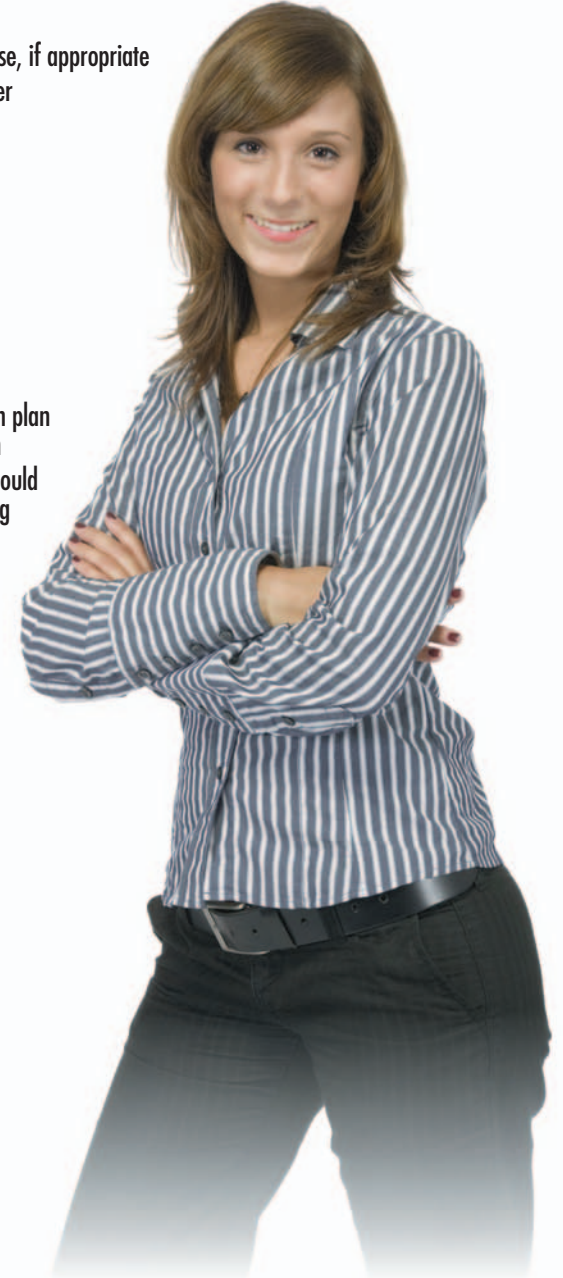
Substance Abuse

- Discourage use of alcohol, drugs and tobacco
- Promote cessation of alcohol, drug and tobacco use, if appropriate
- Dangers of driving and other activities while under the influence of alcohol and drugs

Other

- Dangers of sun exposure
- Counsel about domestic violence
- Starting at 18:
 - Screen for depression
 - Advance directives and living wills
 - Preconception planning:
 - Encourage development of reproductive health plan and assess desire to have or not have children
 - Women planning, or capable of, pregnancy should take a daily supplement containing 0.4-0.8 mg of folic acid
 - Consultation and weight-loss counseling for obese women planning to conceive
 - Encourage screening for cystic fibrosis carrier status for all couples/females

**See previous page
for important
information on screenings
and immunizations**



Guidelines were created based on information from organizations such as the Centers for Disease Control and Prevention (CDC), the Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP) and the American Academy of Pediatrics (AAP).

Screening, immunization and counseling guidelines are recommendations only. Members should follow their providers' medical judgment. Recommendations may not be covered benefits under all BCBSD plans. Please consult your benefits material.

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