

# 2024 General Wellness Guidelines: To Discuss With Your Health Care Provider

## Adult (Age 19+) Wellness Schedule

Routine Health Guide	
Annual Wellness and Routine Check-up	Visit your doctor each year and discuss your specific health issues / screenings.
Healthy Diet / Physical Activity	In adults w/ cardiovascular disease risk factors (overweight, obese, diabetes, HTN, dyslipidemia, sedentary, poor diet), offer behavioral counseling for healthy diet and physical activity. BMI 30 plus offer intensive multicomponent interventions. Age 35-70 and overweight or obese, screen for pre-diabetes/Type 2.
Vision and Dental Exam	Get regular eye and dental exams. For issues such as decreased vision, draining or redness, pain, double vision, floaters, flashes of light or halos around lights, see your eye doctor right away. Any questions on frequency of vision or dental exams, ask your doctor.
Blood Pressure (BP)	Screen adults 18 and older for high BP. At least annually 40 and older, or at increased risk. Ages 18-39 with normal BP and no risk factors, rescreen at least every 3-5 years. If BP in medical setting induces anxiety/high BP, take a reading outside of setting, unless it is clear that treatment should begin right away.
Immunizations for Adults	Keep current with recommended vaccine schedules for the best protection from potentially serious diseases. Visit <a href="https://www.cdc.gov/vaccines/adults/index.html">https://www.cdc.gov/vaccines/adults/index.html</a> for the most up-to-date schedules.
Recommended Diagnostic Checkups and Screenings for At-Risk Patients	
Abdominal Aortic Aneurysm (Men)	One-time AAA screening with ultrasonography in men ages 65 to 75 who have ever smoked.
Bone Mineral Density (BMD) Test (Women)	<ul style="list-style-type: none"> <li>BMD test also called a DEXA scan (low dose x-ray), for most women starting at age 65 to test for osteoporosis, with follow-up at intervals determined by your doctor. Test before age 65 if at risk for osteoporosis (ask your doctor).</li> <li>Test within 6 months after a fracture for age 67-85. If test shows fragile bones, your doctor will consider prescribing a medication for osteoporosis.</li> </ul>
Lipid Profile (Cholesterol and Triglycerides)	Screen ages 40 to 75 years. Your doctor will determine whether screening is necessary if you are 20 to 39 years of age. Adults with no history of cardiovascular disease (CVD) can use a low to moderate dose statin for prevention of CVD events when <b>all</b> of the following are met: <ul style="list-style-type: none"> <li>(1) Age 40-75 (2) 1 or more CVD risk factors (i.e., dyslipidemia, diabetes, HTN, smoking) (3) Calculated 10-year risk of cardiovascular event <math>\geq</math> 10%.</li> </ul>
Colon Cancer	Screen for colorectal cancer starting at age 45 and continuing until at least age 75. <u>One</u> of the following: <ul style="list-style-type: none"> <li>Colonoscopy every 10 years; flexible sigmoidoscopy every 5 years; Cologuard every 3 years; or fecal occult blood test (FOBT) annually.</li> </ul>
Screening for Sexually Transmitted Infections (STIs)	<u>HIV</u> : Ages 15-65 and anyone else at risk, and all pregnant women. <u>Hep B</u> : Anyone at increased risk for infection, and all pregnant women at 1 <sup>st</sup> prenatal visit. <u>Hep C</u> : Adults ages 18 to 79. <u>Chlamydia and gonorrhea</u> : Sexually active women age 24 and younger, and women 25 and older at increased risk (can be a urine test). <u>Syphilis</u> : Asymptomatic, nonpregnant adolescents and adults at increased risk. Behavioral counseling is recommended for all sexually active adolescents and for adults who are at increased risk for STIs.
Lung Cancer	Annual screening by low-dose CT scan for ages 50 to 80 with a 20-pack-year smoking history and currently smoke or have quit within the past 15 years. Discontinue screening once you have not smoked for 15 years or develop a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery. <b>Coverage depends on your benefit plan. Please call Member Services at (386) 615-4022 to determine cost.</b>
Mammogram (Women)	<ul style="list-style-type: none"> <li>Every 1 to 2 years starting at age 50 up to age 74. For women ages 40 to 49, discuss the benefits and risks with your doctor.</li> <li>BRCA testing for those at risk (check with your doctor). Clinicians can offer to prescribe risk-reducing medication to women 35 and older at increased risk.</li> </ul>
Pap Smear (Women)	<ul style="list-style-type: none"> <li>Age 21 to 65 have a Pap smear alone every 3 years (also known as cytology) to look for cervical cancer.</li> <li>Age 30 to 65 may instead every 5 years have high-risk human papillomavirus (hrHPV) test alone, <b>OR</b> hrHPV in combination with Pap smear (co-testing).</li> </ul> Not needed if you had a hysterectomy with removal of the cervix, and no history of cancer. Stop at age 65 unless increased risk (see your doctor).

Recommended Diagnostic Checkups and Screenings for At-Risk Patients	
Prostate Cancer (Men)	Discuss the risks and benefits of screening with your doctor. PSA-based screening generally not recommended for ages 70 and older.
Skin Cancer	Ages 6 months-24 years with fair skin should minimize exposure to ultraviolet (UV) radiation to reduce risk. All ages with concerns, discuss with your doctor.
Other Important Guidance From Your Doctor	
Screening for Depression, Pregnancy, Tobacco / Alcohol / Substance Abuse	Every visit, or as indicated by your doctor. Screen all for depression (include pregnant and postpartum women). Advise adults to stop using tobacco and provide behavioral interventions / approved pharmacotherapy. Refer to Behavioral Health services as needed.
Fall Risk / Domestic Violence Prevention / Seat Belt Use	Doctor discusses overall safety precautions, risk for intimate partner violence, and fall prevention (older adults) at every visit.
Medications for Potential Interactions	Bring your list for review every visit, or as indicated by your doctor. Be sure to include over the counter, supplements, and vitamins in your discussion.
Advance Directives / Living Will	Be sure to have an up-to-date living will, a legal document with instruction about if or when life-support treatments should be withheld or withdrawn.

## Children and Adolescents (Birth – 18 Years of Age)

Routine Health Guide	
Wellness Exam, and Autism / Development Behavioral Assessment	Frequent Wellness Check-ups Newborn to age 3. Annual Wellness Check-up age 3 to 18. Autism-specific screening ages 18 and 24 months.
Body Mass Index (BMI): Ht and Wt	Every visit: Height / Weight / BMI beginning at age 2.
Blood Pressure	Annually, beginning at age 3.
Hearing / Dental / Vision Screenings	Hearing: Newborn, then annually beginning age 4. Dental: Regularly beginning age 1. Vision: At least once ages 3 to 5 to detect amblyopia or its risk factors.
Immunizations for Children and Adolescents	Follow recommended vaccine schedules for the best protection from potentially serious diseases. Visit <a href="https://www.cdc.gov/vaccines/parents/schedules/index.html">https://www.cdc.gov/vaccines/parents/schedules/index.html</a> for the most up-to-date schedules.
Recommended Screenings / Guidance	
Lead, TB, Sickle Cell, Blood Sugar	Screening may be indicated based on various factors. Check with your doctor.
HIV and Other STIs	Discuss with the doctor based on behavioral risks.
Diet / Physical Activity	Screen for obesity and adequate exercise every visit 6 years and older, and offer or refer to comprehensive, intensive behavioral interventions to promote healthy weight and activity if appropriate.
Depression / Pregnancy / Anxiety Tobacco / Alcohol / Substance Abuse	Screening/counseling every visit beginning age 11, including education to prevent initiation of tobacco use among school-aged children and adolescents. Anxiety screening ages 8-18. Depression screening ages 12-18. Talk to your doctor about any specific concerns. Refer to Behavioral Health as needed.

**Be sure to review your plan benefits to determine your cost / co-pay for any service listed here.**

These guidelines include recommendations from the organizations listed below as of January 2024 and were not developed by FHCP:

U.S. Preventive Services Task Force: [www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations](http://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations), Agency for Healthcare Research and Quality: [www.ahrq.gov](http://www.ahrq.gov), Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov), American Academy of Pediatricians: [www.aap.org](http://www.aap.org), National Committee for Quality Assurance: [www.ncqa.org/hedis/measures/](http://www.ncqa.org/hedis/measures/), American Cancer Society: [www.cancer.org](http://www.cancer.org)