

# Preventive Health Guidelines: Adults

Horizon Blue Cross Blue Shield of New Jersey wants to help you get the care you need. Discuss these guidelines with your doctor and use them in planning to get preventive care services.

Well Visits	19 to 21 years	22 to 26 years	27 to 49 years	50 to 59 years	60 to 64 years	65+ years
<b>Routine Well Visits</b>	Personal history; blood pressure; body mass index (BMI); physical exam; preventive screening and counseling. Cancer risk assessment and prevention; yearly screening and counseling for behavioral health - including substance use, alcohol, tobacco use and cessation, healthy diet and physical activity. At other visits, doctor may order screenings as indicated.					
Cancer Screenings/Tests	19 to 21 years	22 to 26 years	27 to 49 years	50 to 59 years	60 to 64 years	65+ years
<b>Breast Cancer (Women)</b>			Women ages 40 years and older should talk to their doctor or other health care professional about when to start and how often to get a mammogram. <ul style="list-style-type: none"> <li>• You should discuss with your doctor or other health care professional any family history of breast cancer.</li> <li>• National guidelines emphasize that women ages 40 years and older should have the option to begin screening with mammography.</li> <li>• Screening should continue as long as you are in good health.<sup>1</sup></li> </ul>			
<b>Cervical Cancer (Women)</b>		For women ages 21 to 29 years, the recommended screening is: <ul style="list-style-type: none"> <li>– every 3 years with a Pap test.</li> </ul>	For women ages 30 to 65 years, the recommended screening is: <ul style="list-style-type: none"> <li>– every 3 years with a Pap test, or</li> <li>– every 5 years with human papillomavirus (HPV) testing, or</li> <li>– every 5 years with human papillomavirus (HPV) testing with a Pap test.</li> </ul>			
<b>Colorectal Cancer</b>			Ages 45 years and older: <ul style="list-style-type: none"> <li>• Talk to your doctor or other health care professional about when to start colorectal cancer screening and which screening test is right for you.</li> <li>• Tests include, but are not limited to, Screening Colonoscopy and stool-based testing.<sup>2</sup></li> </ul>			
<b>Prostate Cancer (Men)</b>			Ages 40 years and older: <ul style="list-style-type: none"> <li>• Talk to your doctor about your family history and risk for prostate cancer.</li> <li>• Talk to your doctor about screening for prostate cancer. Screenings should not occur without understanding the uncertainties, risks and potential benefits.</li> </ul>			
<b>Skin Cancer</b>	Report any changes in your skin or unusual moles to your doctor. Talk to your doctor to determine if you are at increased risk of skin cancer.					
Other Recommended Screenings/Test	19 to 21 years	22 to 26 years	27 to 49 years	50 to 59 years	60 to 64 years	65+ years
<b>Abdominal Aortic Aneurysm (Men)</b>						Screen once for ages 65 to 75 years who have smoked.
<b>BMI</b>	Yearly					
<b>Cholesterol</b>	Ages 20 to 39 years: fasting cholesterol every four to six years or more often as directed by your doctor.					
			Ages 40 and older: your doctor will assess your risk of heart disease and check your cholesterol as indicated.			
<b>Diabetes (Type 2)</b>	Talk to your doctor about screening. Screening for type 2 diabetes is considered based on the presence of 1 or more risk factors, including age, family history, presence of cardiovascular disease, obesity or high blood pressure.					
						Testing should begin at age 45 years, if it has not already occurred.

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Other Recommended Screenings/Tests	19 to 21 years	22 to 26 years	27 to 49 years	50 to 59 years	60 to 64 years	65+ years
<b>Eye Exam</b>	Annual eye exam if you wear glasses or other corrective lenses or as recommended by a doctor. Otherwise, every 1 to 2 years.					
<b>Hearing</b>	Doctor or other health care professional will ask about hearing difficulties and refer for further diagnosis.					
<b>Lung Cancer</b>				Ages 55 to 80 years: get a yearly screening until age 80 years if you have a 30 pack-year <sup>3</sup> smoking history and currently smoke, or if you have quit within the past 15 years.		
<b>Osteoporosis</b>					Bone Mass Density (BMD) testing: women ages 65 years and older, with testing for women under 65 years of age who are at increased risk for osteoporosis.	
<b>Sexually Transmitted Diseases (STDs)</b>	All ages should be screened if at high risk. Talk to your doctor about screening or testing for HIV and STDs. Women ages 24 years and older who are sexually active should be screened for chlamydia and gonorrhea. HIV screening is recommended for those ages 15 to 65 years, women who are pregnant and individuals with risk factors who are younger than 15 or older than 65.					
Immunizations	19 to 21 years	22 to 26 years	27 to 49 years	50 to 59 years	60 to 64 years	65+ years
<b>Haemophilus Influenza Type B (Hib)</b>	1 or 3 doses depending on indication.					
<b>Hepatitis A</b>	2 or 3 doses depending on vaccine for adults ages 19 years and older at risk.					
<b>Hepatitis B</b>	2 or 3 doses depending on vaccine for adults ages 19 years and older at risk.					
<b>HPV (Women and Men)</b>	2 or 3 doses depending on age at initial vaccination.					
<b>Influenza (Flu)</b>	Yearly – recommended early during each flu season when available – usually available by September or early October.					
<b>Measles, Mumps, Rubella (MMR)</b>	1 or 2 doses depending on indication (if born in 1957 or later).					
<b>Meningococcal (Meningitis)</b>	1, 2 or 3 doses depending on vaccine and indication.					
<b>Pneumococcal</b>					Pneumococcal vaccine, either PCV13 or PPSV23, with schedule depends on vaccine chosen and prior vaccinations. 1 dose at age 65 years. 1 or 2 doses before age 65 years may be given depending on health conditions and risk factors.	
<b>Shingles (Zoster)</b>					1 or 2 doses depending on vaccine type.	
<b>Tetanus, Diphtheria, Pertussis (Td/TDaP)</b>	Td booster every 10 years. One dose of Tdap. Women should get Tdap during pregnancy to help protect baby.					
<b>Varicella (Chickenpox)</b>	All adults who lack immunity should receive 2 doses, if not previously vaccinated.					

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Please check your Horizon BCBSNJ member materials or with your benefits administrator for information about your preventive coverage. You can also sign in to [HorizonBlue.com](https://www.horizonblue.com) to send an email or chat with a Member Services Representative or call Member Services at the number on the back of your member ID card. *On the go?* Download our Horizon Blue mobile app, available in the App Store® and Google Play™ or by texting “**Get App**” to **422-272**.<sup>4</sup>

These preventive health guidelines are based on recommendations from the Centers for Disease Control and Prevention, Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, American College of Obstetricians and Gynecologists, American Academy of Pediatrics and other nationally recognized authorities, available at the time of publication. These preventive health guidelines are a general guide intended to be used for educational purposes only. These guidelines are continually reviewed and updated and are subject to change.

### **Additional Information**

Coverage of Preventive Services under the Patient Protection and Affordable Care Act (PPACA) is required for non-grandfathered plans.

The member’s non-grandfathered plan provides PPACA Preventive Services at no cost sharing **ONLY** through in-network doctors and other health care professionals. Preventive care services received out of network will be covered under the member’s current out-of-network benefits (if any) and cost sharing arrangement.

Please visit [HealthCare.gov](https://www.healthcare.gov) for more information on Preventive Services covered under PPACA.

Recommendations from your doctor may vary from these guidelines and should take priority, as they are based on your own health condition and risk factors.

<sup>1</sup>The guidelines are for women at average risk for breast cancer. Women at high risk – because of family history, a breast condition or another reason – need to begin screening earlier and/or more often. Talk to your doctor about your risk of breast cancer and the test and frequency that is right for you.

<sup>2</sup>The guidelines are for people at average risk of colorectal cancer. Talk to your doctor about your risk of colorectal cancer and the test and frequency that is right for you.

<sup>3</sup>A pack year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 30 pack-year history by smoking one pack a day for 30 years or two packs a day for 15 years.

<sup>4</sup>Must be age 18 years or older. Data and messaging rate may apply from your mobile carrier.

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

**Spanish (Español):** Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

**Chinese (中文):** 如需中文協助，請致電 **1-800-355-BLUE (2583)**。