

PremierBlue Report

A Newsletter for
Professional Providers and
their Staff Members

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Premier Blue Reference Guide For Preventive Medicine

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Questions:

Contact your Professional Relations Representative, or the Professional Relations Hotline in Topeka at 785-291-7060 or 1-800-432-3587.

OUR WEB ADDRESS:

<http://www.bcbsks.com>

The *Premier Blue Report* is published by your Professional Relations Department.

Communication Coordinator
Larry Callahan

Premier Blue Reference Guide For Preventive Medicine

The Premier Blue Reference Guide For Preventive Medicine was last distributed with the Premier Blue Newsletter PB-06-00, in November of 2000. Since this time, the Guide has been reviewed and revised; therefore it is being redistributed to providers as an attachment to this newsletter.



The updates involve the following sections:

Birth to 18 Months

- Under "History:" Neonatal Lab was replaced with Newborn Screening (State Lab).

19 Years - 49 Years

- Under "Lab:" High Risk Groups (as indicated) was added.

50 Years and Over

- Under "Lab:" High Risk Groups (as indicated) was added.

If you have any questions regarding the Premier Blue Reference Guide For Preventive Medicine, please contact your Professional Relations Representative, or the Professional Relations Hotline in Topeka at 785-291-7060 or 1-800-432-3587.

Premier Blue Reference Guide for Preventive Medicine

Birth to 18 Months	19 Months - 6 Years	7 Years - 12 Years	13 Years - 18 Years	19 Years - 49 Years	50 Years and Over
<i>Periodic Health Exams 5 exams in 1st 18 months</i>	<i>Periodic Health Exams Every 1-2 years</i>	<i>Periodic Health Exams Every 1-3 years</i>	<i>Periodic Health Exams Every 1-2 years</i>	<i>Periodic Health Exams Men: Every 1-5 years Women: Every 1-3 years</i>	<i>Periodic Health Exams Every 1-2 years</i>
<p>History Perinatal Hearing, Newborn Screening (State lab) Update & System Review Lead Exposure (yearly) Allergies Medications Development Current Problems Nutrition</p> <p>Physical Exam Height Weight Head Circumference Physical Examination</p> <p>Immunizations (Your Primary Care Physician has the most up-to-date immunization information.)</p> <p>Lab Routine-Documentation and Update High Risk Groups (as indicated)</p> <p>Diagnostic Assessment</p> <p>Counseling Parent Diet Injury Prevention Dental Health Behavior</p>	<p>History Perinatal Update & System Review Lead Exposure (each visit to age 6) Allergy Update Medications Development Current Problems Nutrition</p> <p>Physical Exam Height Weight Blood Pressure (age 3 years and up) Physical Examination</p> <p>Immunizations (Your Primary Care Physician has the most up-to-date immunization information.)</p> <p>Lab Routine-Documentation and Update High Risk Groups (as indicated)</p> <p>Diagnostic Assessment</p> <p>Counseling - Parent & Patient Diet & Exercise Injury Prevention Dental Health Behavior Substance Use Sexuality</p>	<p>History Perinatal Update & System Review Allergy Update Medications Development Current Problems Nutrition</p> <p>Physical Exam Height Weight Blood Pressure Physical Examination</p> <p>Immunizations Tetanus (every 10 years)</p> <p>Lab Routine-Documentation and Update High Risk Groups (as indicated)</p> <p>Diagnostic Assessment</p> <p>Counseling - Parent & Patient Diet & Exercise Injury Prevention Dental Health Behavior Substance Use Sexuality</p>	<p>History Perinatal Update & System Review Allergy Update Tobacco/Alcohol History Medications Development Current Problems</p> <p>Physical Exam Height Weight Blood Pressure Physical Examination</p> <p>Immunizations Tetanus (every 10 years)</p> <p>Lab Routine-Documentation and Update High Risk Groups (as indicated)</p> <p>Diagnostic Assessment</p> <p>Counseling Parent &/or Patient Diet & Exercise Injury Prevention Dental Health Behavior Substance Use Sexual Behavior</p>	<p>History Interval and Past Medical History Allergy Update Tobacco/Alcohol History Medications Current Problems</p> <p>Physical Exam Blood Pressure & Pulse Weight Head & Neck Heart Lungs Abdomen Pap Smear (cervix present) & Clinical Breast Exam (every 1-2 years)</p> <p>Immunizations Tetanus (every 10 years)</p> <p>Lab Cholesterol (every 5 years) (Women ages 40 and over) (Men ages 19 and over) High Risk Groups (as indicated)</p> <p>Diagnostic Assessment</p> <p>Counseling Substance Use Diet & Exercise Injury Prevention Dental Health Sexual Behavior</p>	<p>History Update & System Review Allergy Update Tobacco/Alcohol History Medications Current Problems</p> <p>Physical Exam Blood Pressure & Pulse Weight Head & Neck Heart Lungs Abdomen Digital Rectal Exam Pap Smear (cervix present up to age 65) & Clinical Breast Exam (every 1-2 years)</p> <p>Immunizations Tetanus (every 10 years) Pneumonia (age 65) Flu (age 65 & Over)</p> <p>Lab Cholesterol (every 5 years) Mammogram (every 1-2 years, ages 50-69) Fecal Occult Blood Test High Risk Groups (as indicated)</p> <p>Diagnostic Assessment</p> <p>Counseling Substance Use Diet & Exercise Injury Prevention Dental Health Sexual Behavior</p>

*Asymptomatic healthy people may require more testing if risk factors present.

Reviewed 08/2001

The Premier Blue Reference Guide for Preventive Medicine is based on published literature by nationally recognized authorities in health care and the expressed opinions of participating network physicians.
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