## 2018 Preventive Health Guide | Your Reference Guide for Preventive Medicine

<table>
<thead>
<tr>
<th>Healthy Options</th>
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<td>bcbsks.com</td>
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### Birth to 18 Months
- Periodic health exams
  - Eight exams in first 18 months

### History
- Perinatal hearing
- Newborn screening (state lab)
- Update and system review
- Lead exposure (yearly)
- Allergies
- Medications
- Development
- Current problems
- Nutrition

### Physical exam
- Height
- Weight
- Head circumference
- Physical examination

### Immunizations
- (Your primary care physician has the most up-to-date immunization information.)

### Lab
- As indicated by Bright Futures
  - (brightfutures.aap.org)

### Developmental assessment
- Counseling—parent
- Diet
- Injury prevention
- Behavior
- Dental health

### 19 Months to 6 Years
- Periodic health exams
  - Every one to two years

### History
- Update and system review
- Lead exposure (each visit to age 6)
- Allergy update
- Medications
- Development
- Current problems
- Nutrition

### Physical exam
- Height
- Weight
- BMI
- Blood pressure (age 3 years and up)
- Physical examination

### Immunizations
- (Your primary care physician has the most up-to-date immunization information.)

### Lab
- As indicated by Bright Futures
  - (brightfutures.aap.org)

### Developmental assessment
- Counseling—parent and patient
- Substance use
- Diet and exercise
- Injury prevention
- Behavior
- Dental health
- Sexual behavior
- Mental health

### 7 Years to 12 Years
- Periodic health exams
  - Every one to three years

### History
- Update and system review
- Allergy update
- Medications
- Development
- Current problems
- Nutrition

### Physical exam
- Height
- Weight
- BMI
- Blood pressure
- Physical examination

### Immunizations
- (Your primary care physician has the most up-to-date immunization information.)

### Lab
- As indicated by Bright Futures
  - (brightfutures.aap.org)

### Developmental assessment
- Counseling—patient and/or parent
- Substance use
- Diet and exercise
- Injury prevention
- Behavior
- Dental health
- Sexual behavior
- Mental health

### 13 Years to 18 Years
- Periodic health exams
  - Men: Every one to five years
  - Women: Every one to three years

### History
- Update and system review
- Allergy update
- Tobacco/alcohol history
- Medications
- Development
- Current problems
- Nutrition

### Physical exam
- Height
- Weight
- BMI
- Blood pressure
- Physical examination

### Immunizations
- (Your primary care physician has the most up-to-date immunization information.)

### Lab
- As indicated by Bright Futures
  - (brightfutures.aap.org)

### Developmental assessment
- Counseling—parent
- Substance use
- Diet and exercise
- Injury prevention
- Dental health
- Sexual behavior
- Mental health

### 19 Years to 49 Years
- Periodic health exams
  - Men: Every one to five years
  - Women: Every one to three years

### History
- Update and system review
- Allergy update
- Tobacco/alcohol history
- Medications
- Current problems
- Nutrition

### Physical exam
- Blood pressure and pulse
- Height
- Weight
- BMI
- Head and neck
- Heart
- Lungs
- Abdomen
- Pap test (cervix present) and clinical breast exam

### Immunizations
- (Your primary care physician has the most up-to-date immunization information.)

### Lab
- As indicated by the U.S. Preventive Services Task Force
  - (uspreventiveservicestaskforce.org) or the Health Resources and Services Administration
  - (hrsa.gov/womensguidelines)

### Counseling
- Substance use
- Diet and exercise
- Injury prevention
- Dental health
- Sexual behavior
- Mental health

### 50 Years to 64 Years
- Periodic health exams
  - Every one to two years

### History
- Update and system review
- Allergy update
- Tobacco/alcohol history
- Medications
- Current problems

### Physical exam
- Blood pressure and pulse
- Height
- Weight
- BMI
- Head and neck
- Heart
- Lungs
- Abdomen
- Pap test (cervix present) and clinical breast exam

### Immunizations
- (Your primary care physician has the most up-to-date immunization information.)

### Lab
- As indicated by the U.S. Preventive Services Task Force
  - (uspreventiveservicestaskforce.org) or the Health Resources and Services Administration
  - (hrsa.gov/womensguidelines)

### Counseling
- Substance use
- Diet and exercise
- Injury prevention
- Dental health
- Sexual behavior
- Mental health

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**Healthy people without symptoms may require more testing if risk factors are present.**

This guide is based on published literature by nationally recognized authorities in health care and the expressed opinions of participating network physicians. This information is intended for educational purposes only and should not be interpreted as medical advice or as a listing of preventive services with no cost sharing as required under the Patient Protection and Affordable Care Act. Please consult your doctor for advice about changes that may affect your health. Some services may not be covered under your health plan. Please refer to your benefit plan document for details concerning benefits, procedures and exclusions.

If you are 65 or older, please talk with your physician about recommended screenings.

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