

Health Net's Preventive Screening Guidelines

Guidelines for children and adults



Ramon Munoz,
Health Net
*We make your health
our priority.*

Use this guide to help remind you to schedule well-care visits with your family doctor. Always seek and follow the care and advice of your doctor because these guidelines are updated regularly and may change.

This information is not medical advice and does not mean specific benefit coverage. Please check your plan benefit language for coverage, limitations and exclusions.

Recommended immunization (shots) schedule for persons ages 0 through 6 years^{1,2}

| Vaccine | Birth | 1 mo | 2 mos | 4 mos | 6 mos | 9 mos | 12 mos | 15 mos | 18 mos | 19–23 mos | 2–3 yrs | 4 yrs | 5 yrs | 6 yrs |
|---------------------------------------|-------|------|------------------------|--------------------|----------------------|--------------------|-----------|--------|--------|--------------------|--------------------|---|-------|----------------------|
| Hepatitis B (HepB) | ✓ | ✓ | | Catch up if needed | ✓ | | | | | | | | | Catch up if needed |
| Rotavirus (RV) | | | ✓ | ✓ | ✓ | | | | | | | | | |
| Diphtheria, tetanus, pertussis (DTaP) | | | ✓ | ✓ | ✓ | Catch up if needed | | ✓ | | | Catch up if needed | | ✓ | |
| Haemophilus influenzae type b (Hib) | | | ✓ | ✓ | ✓ | Catch up if needed | ✓ | | | Catch up if needed | | | | For high-risk groups |
| Pneumococcal | | | ✓ | ✓ | ✓ | Catch up if needed | ✓ | | | Catch up if needed | | | | For high-risk groups |
| Inactivated poliovirus (IPV) | | | ✓ | ✓ | ✓ | | | | | Catch up if needed | | ✓ | | |
| Influenza (flu) | | | | | ✓ Yearly | | | | | | | | | |
| Measles, mumps, rubella (MMR) | | | | | For high-risk groups | | ✓ | | | Catch up if needed | | ✓ | | |
| Varicella (VAR) | | | | | | | ✓ | | | Catch up if needed | | ✓ | | |
| Hepatitis A (HepA) | | | | | | | ✓ 2 doses | | | | ✓ | As your doctor suggests, for high-risk groups | | |
| Meningococcal | | | ✓ For high-risk groups | | | | | | | | | | | |

Recommended immunization (shots) schedule for persons ages 7 through 18 years^{1,2}

| Vaccine | 7–10 yrs | 11–12 yrs | 13–18 yrs |
|---------------------------------------|---|---------------------------|---|
| Tetanus, diphtheria, pertussis (Tdap) | Catch-up immunizations | ✓ 1 dose | Catch-up immunizations |
| Human papillomavirus (HPV) | For high-risk groups | ✓ As your doctor suggests | Catch-up immunizations |
| Influenza (flu) | ✓ Yearly | | |
| Pneumococcal | For high-risk groups | | |
| Hepatitis A (HepA) | As your doctor suggests, for high-risk groups | | |
| Hepatitis B (HepB) | Catch-up immunizations | | |
| Inactivated poliovirus (IPV) | Catch-up immunizations | | |
| Measles, mumps, rubella (MMR) | Catch-up immunizations | | |
| Varicella (VAR) | Catch-up immunizations | | |
| Haemophilus influenzae type b (Hib) | For high-risk groups | | |
| Meningococcal | For high-risk groups | ✓ 1 dose | ✓ Catch-up immunizations, booster at age 16 |
| Meningococcal B | For high-risk groups, ages 10–18 years | | |

Recommended screenings (tests) for persons ages 0 through 18 years^{1,2,3}

| Service | Birth–6 mos | 9 mos | 12 mos | 15 mos | 18 mos | 19–36 mos | 3–10 yrs | 11–12 yrs | 13–18 yrs |
|--------------------------------------|--|--|--------|--------|--------|----------------|---|-----------|-----------|
| Routine health exam ^{1,2,3} | At birth, 3–5 days, and at 1, 2, 4, and 6 months | Every 3 months | | | | Every 6 months | Every year | | |
| Lead testing | Screen at any age as your doctor suggests | | | | | | | | |
| Dental visit | | Every 6–12 months, or as your dentist suggests | | | | | | | |
| Blood test | Once between 0–2 months | Check at 4 and 12 months, and during routine health exam if high risk or as your doctor suggests | | | | | | | |
| Body mass index (BMI) | | | | | | | Starting at age 2, check BMI during routine health exam | | |

Recommended immunization (shots) schedule for adults^{1,2}

| Vaccine | 19–26 yrs | 27–49 yrs | 50–59 yrs | 60–64 yrs | 65 yrs and over |
|--|---|-----------|---|-----------|-----------------|
| Tetanus, diphtheria, pertussis (Td/Tdap) | ✓ 1 dose Tdap, then boost with Td every 10 years | | | | |
| Human papillomavirus (HPV) | ✓ As your doctor suggests | | | | |
| Varicella (VAR) | ✓ 2 doses | | | | |
| Zoster | | | ✓ 2 doses RZV starting at age 50 or 1 dose ZVL starting at age 60 | | |
| Measles, mumps, rubella (MMR) | ✓ 1 or 2 doses or as your doctor suggests | | | | |
| Influenza (flu) | ✓ Every year | | | | |
| Pneumococcal (PPSV 23 or PCV 13) | If high risk or as your doctor suggests | | | | ✓ 1 dose |
| Hepatitis A (HepA) | 2 or 3 doses if high risk or as your doctor suggests | | | | |
| Hepatitis B (HepB) | 3 doses if high risk or as your doctor suggests | | | | |
| Haemophilus influenzae type b (Hib) | 1 or 3 doses if high risk or as your doctor suggests | | | | |
| Meningococcal | 1 or more doses if high risk or as your doctor suggests | | | | |
| Meningococcal B | 2 or 3 doses if high risk or as your doctor suggests | | | | |

Health screenings (tests) for adults^{1,2,4}

| Service | 19–39 yrs | 40–64 yrs | 65 yrs and over |
|--|--|--|-------------------------|
| Routine health exam ^{1,2,4} | Every year | | |
| Hearing screening to check for hearing loss | | As your doctor suggests | |
| Vision screening to check for eye problems | Every 5–10 years | Every 2–4 years for ages 40–54; every 1–3 years for ages 55–64 | Every 1–2 years |
| Aspirin therapy to prevent heart disease | | Discuss with your doctor in routine health exam | |
| Blood pressure to check for high blood pressure | Every 1–2 years | | |
| Body mass index (BMI) to check for obesity | Check during routine health exams | | |
| Cholesterol screening to check for blood fats | As your doctor suggests | If at increased risk, check every 5 years starting at age 35 for men and age 45 for women | |
| Colorectal cancer screening to check for colorectal cancer | | For ages 40–49, as your doctor suggests. Beginning at age 50, talk to your doctor about how often and what test to be done | |
| Glucose screening to check for blood sugar | Check if high risk | Every 3 years or as your doctor suggests | |
| Human immunodeficiency virus (HIV) | One-time screening, repeat screening if at high risk | | As your doctor suggests |
| Dental | Every 6 months | | |
| Hepatitis C and hepatitis B | Screen if high risk or as your doctor suggests | | |

Health screenings (tests) for adults¹

| Service | 19–39 yrs | 40–64 yrs | 65 yrs and older |
|---|--|--|-------------------------|
| Pelvic exam with Pap test to check for cervical cancer | For sexually active non-pregnant people, starting at age 21, screen every 3 years; starting at age 30, screen every 3–5 years or as your doctor suggests | | As your doctor suggests |
| Mammogram to check for breast cancer | Check every year starting at age 35 | Every 1–2 years or as your doctor suggests | |
| Breast exam by doctor | Every 1–3 years | Every year | |
| Breast self-exam/breast self-awareness to check for breast changes | Monthly | | |
| Chlamydia screening to check for chlamydia, a sexually transmitted disease | Every year through age 24 for sexually active non-pregnant people; every year beginning at age 24 if high risk | | |
| Bone density test to check for bone loss | | Screening based on risk | Every 2 years |

Health screenings (tests) for adults¹

| Service | 19–39 yrs | 40–64 yrs | 65 yrs and older |
|---|-------------------------|-------------------------|---|
| Prostate-specific antigen (PSA/DRE) to check for prostate cancer | | As your doctor suggests | |
| Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area) | | | Once, for those ages 65–75 who have ever smoked or have risks |
| Testicles self-exam | As your doctor suggests | | |

¹These guidelines may change. Please speak with your doctor.

²Doctor should follow proper series and current guidelines by the Centers for Disease Control and Prevention (CDC).

³Routine health exams, counseling and education for children and adolescents should include measuring the patient's height, weight, blood pressure, and body mass index (BMI), and vision and hearing tests. Counseling and education could include but are not limited to:

- contraception/family planning
- critical congenital heart defect, heart health
- dental health
- developmental/behavioral assessment
- injury/violence prevention
- mental health, e.g., depression/eating disorders
- nutrition/exercise
- sexually transmitted infections (STIs) and HIV screening
- substance abuse, e.g., alcohol and drug abuse prevention
- tobacco use and smoking cessation
- tuberculosis (TB) screening
- weight management

⁴Routine health exams, counseling and education for adults should include measuring the patient's height, weight, blood pressure, and body mass index (BMI); vision and hearing tests; depression screening; and screening for alcohol or drug use. Recommendations vary based on history and risk factors. Counseling and education could include:

- cancer screenings, e.g., lung cancer screening and BRCA risk assessment
- contraception/pre-pregnancy
- dental health
- drug prevention/cessation
- family planning
- heart health, electrocardiogram (ECG) screening
- injury/violence prevention
- maternity planning
- menopause
- mental health, e.g., depression/eating disorders
- nutrition/exercise
- sexual practices, sexually transmitted infections (STIs) and HIV screening
- substance abuse, e.g., alcohol and drug abuse prevention
- tobacco use and smoking cessation
- tuberculosis (TB) screening
- weight management

For more information

Call the Health Net Customer Contact Center at the number shown on your ID card, or visit our website at www.healthnet.com (Group members) or www.myhealthnetca.com (Individual & Family Plan members).