

Why preventive care is important



Preventing disease, and detecting disease early if it occurs, are important to living a healthy life. And, the better your health, the lower your health care costs are likely to be. Following these guidelines, along with the advice of your doctor, can help you stay healthy. Talk to your doctor about your specific health questions and concerns, and follow his or her recommendations. If you'd like more information on preventive care, visit www.preventiveservices.ahrq.gov.

Guidelines for maintaining your health

Screening: Children ages 0 to 18 years

Age	Screening Test	Frequency
Newborn	Newborn screening (PKU, sickle cell, hemoglobinopathies, hypothyroidism) Hearing Screening	During newborn period Once
Birth-2 months	Head circumference	At each well-child visit
Birth-2 years	Length and weight	At each well-child visit
2-18 years	Height and weight	At each well-child visit
3-4 years	Eye screening	Once
Younger than 5 years	Dental	At each well-child visit

Range of recommended ages

Catch-up immunization

Certain high-risk groups

Immunization schedule: children ages 0 to 6 years*

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years	
Hepatitis B	HepB	HepB										
Rotavirus			Rota	Rota	Rota							
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP				DTaP	
Haemophilus influenzae type b			Hib	Hib	Hib	Hib						
Pneumococcal			PCV	PCV	PCV	PCV				PCV		
Inactivated Poliovirus			IPV	IPV	IPV						IPV	
Influenza					Influenza (yearly)							
Measles, Mumps, Rubella						MMR					MMR	
Varicella						Varicella					Varicella	
Hepatitis A						HepA (2 doses)				HepA Series		
Meningococcal										MCV4		

Immunization schedule: children ages 7 to 18 years*

Vaccine	7-10 years	11-12 year assessment	13-14 years	15 years	16-18 years
Tetanus, Diphtheria, Pertussis		Tdap		Tdap	
Human Papillomavirus (for females only)		HPV (3 doses)		HPV Series	
Meningococcal	MCV4	MCV4		MCV4	
Pneumococcal			PPV		
Influenza			Influenza (yearly)		
Hepatitis A			HepA Series		
Hepatitis B			HepB Series		
Inactivated Poliovirus			IPV Series		
Measles, Mumps, Rubella			MMR Series		
Varicella			Varicella Series		

Counseling: children ages 0-18 years

As your child grows, talk to their doctor about:

- Development
- Nutrition and eating disorders
- Physical activity
- Dental and oral health
- Safety
- Tobacco use
- Alcohol and drug abuse
- Child abuse
- Sexuality
- Sexually transmitted diseases
- Birth control

* SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0-18 years - United States, 2008, MMWR 2007;56(51&52):Q1-Q4

Preventive care guidelines: adults over age 18

Range of recommended ages

SCREENING	Years of Age	18	25	30	35	40	45	50	55	60	65	70	75
Blood Pressure, Height, and Weight		At each preventive visit											
Obesity		At each preventive visit											
Cholesterol													
Cervical cancer screening		Annually beginning at age 18 or age of sexual activity, and every three years after three consecutive normal tests											
Chlamydia/Gonorrhea													
Mammography													
Colorectal Cancer*													
Osteoporosis													Routinely
Alcohol Use, Depression		At each preventive visit											
Vision, Hearing													Periodically

IMMUNIZATION

Tetanus-Diphtheria (Td/Tdap)		Every 10 years											
Varicella (VZV)		Susceptibles only-two doses											
Measles, Mumps, Rubella (MMR)		All with lack of immunity											
Pneumococcal													One dose
Influenza													Yearly
Hepatitis B/Hepatitis A		Persons at risk											
Meningococcal		For certain high-risk groups**											
Human Papillomavirus (HPV)		3 Doses 0,2,6 mo											
Zoster													One dose

COUNSELING

Calcium Intake		Women: Periodically											
Folic Acid		Women of childbearing age											
Breastfeeding		Women after childbirth											
Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy		Periodically											

Upper age limits should be individualized for each patient

* See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

** High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.

Individual health plans vary in preventive coverage. Generally, your plan should cover immunizations recommended by the Advisory Committee on Immunization Practices (ACIP) and published by the Centers for Disease Control and Prevention. For complete immunization guidelines, visit www.cdc.gov/nip.



UnitedHealthcare has adopted preventive care guidelines based on the recommendations of the U.S. Preventive Services Task Force (USPSTF). Benefit coverage for individual health services often includes age ranges or frequency of service that are more liberal than those adopted by USPSTF. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Please direct questions to your personal physician. The tables on the preceding pages are only summaries.

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