

Preventive health guide

HealthyOptions™

Your reference guide for preventive medicine

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

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

Lab

As indicated by Bright Futures
(brightfutures.aap.org)

Developmental assessment

Counseling – parent and patient
Diet and exercise
Injury prevention
Behavior
Dental 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

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

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

13 Years to 18 Years

Periodic health exams
Every one to two 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

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

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

Physical exam

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

Immunizations

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

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

This guide is based on published literature by nationally recognized authorities in healthcare 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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1133 SW Topeka Blvd, Topeka, KS 66629