

KNOW YOUR BENEFITS.

From [C_Officialname]



Preventive Care

Did you know that the United States spends more annually on health care than any other country? However, [C_Officialname] is committed to helping you spend less on your own health care, and proper prevention is the best place to start.

Consider These Facts

As the old saying goes, “an ounce of prevention is worth a pound of cure.” Consider these statistics from the U.S. Centers for Disease Control and Prevention (CDC):

- Heart disease is the leading cause of death for both men and women in the United States.
- Obesity is reaching monumental proportions; about one-third of adults in America are considered obese.
- Seriously overweight employees spend more days at the doctor and in the hospital each year than healthy individuals, and they are more likely to call in sick to work.
- Cigarette smoking is the leading cause of preventable death in the United States.

- Breast cancer is the leading cause of death among American women in their forties. Early detection is key to saving lives; when detected at an early stage, the 5-year survival rate is significantly higher than for breast cancer that has progressed to later stages.

Many preventive services, such as screenings and immunizations, are available to you free of charge through your [C_Officialname] health plan. See the following page for a summary of covered services.

In addition, also see the preventive care recommended guidelines to find

The United States spends more annually on health care than any other country in the world.

Prevention Works When Used

Researchers have estimated that preventable illness makes up approximately 70 percent of the burden of illness and the associated costs. Studies have also shown that when used, the outcomes of wellness benefits prove positive.

For example, getting proper immunizations and health screenings help prevent disease or detect it early, which can help you avoid significant health problems and medical expenses in the future.

In addition, healthy lifestyle choices like not smoking, exercising regularly and eating nutritiously can improve your overall health and help prevent many future medical conditions.

Unfortunately, many employees do not take advantage of the valuable preventive services available to them.

recommended screenings, immunizations and counseling services by age group.

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***Note: This is only a sample design; you will need to make it specific to your organization.**

Preventive Care Recommended Guidelines

The following are preventive care recommendations for the various stages and ages of life. These recommendations are based on several findings according to the following organizations: The American Academy of Pediatrics; The American Academy of Pediatric Dentistry; Kidshealth.org; Centers for Disease Control (CDC); Immunization Action Coalition; and the National Foundation for Infectious Diseases.

*Basic, Select, & Premier Plans Medical Covered Expenses		
Benefit	PPO	Non-PPO
Routine Care (to age 6): <ul style="list-style-type: none">▪ Lab & X-ray▪ Immunizations▪ Hearing Exams and Testing▪ Qualified Practitioner	100%	100%
Routine Care (ages 6 and older): <ul style="list-style-type: none">▪ Lab & X-ray▪ Hearing Exams and Testing▪ Qualified Practitioner	100%	100%
Mammograms (not included in calendar year)	100%	100%
Pap Smears	100%	100%
Prostate Antigen Testing (not included in calendar year)	100%	100%



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Preventive Care Recommendations for Children Aged 0 – 18 Years

Screening

Office Visits	At 3 – 5 days, 1 – 2 weeks, 2, 4, 6, 9, 12, 15, 18 and 24 months, then annually
Newborn Screening: PKU, Sickle Cell, Hemoglobinopathies and Hypothyroidism	Prior to hospital discharge, no later than 6 days
Hearing	At birth, then again at ages 4, 5, 6, 8, 10, 12, 15 and 18 years
Height, Weight and Head Circumference	Height, weight, and head circumference should be measured at birth, at 2 to 4 weeks, and at 1, 2, 4, 6, 9, 12, 15, 18 and 24 months of age. Height and weight should also be measured annually beginning at age 3.
Lead Level	At ages 1 and 2 years, additional testing until age 6 if doctor recommends
Eye Screening	By age 3 if no previous vision problem has been detected, then periodically. Visual acuity tests at ages 3, 4, 5, 6, 8, 10, 12, 15 and 17 years
Blood Pressure	At age 3, then annually through age 18
Dental Health	At age 3, or when all of the baby teeth have come in; then periodically through age 18
Alcohol Use	Between ages 11 and 18



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Immunizations

Hepatitis B (HBV)	3 doses: administer at birth, 1 to 2 months and 6 to 18 months
Rotavirus (RV)	2 - 3 doses (depending on brand): administer at 2, 4 and 6 months (if needed)
Polio (IPV/OPV)	4 doses: administer at 2, 4, 6 – 18 months and 4 – 6 years
Haemophilus Influenzae type b (Hib)	4 doses: administer at 2, 4, 6 and 12 – 15 months
Diphtheria, Tetanus & Pertussis (DTaP, Td)	5 doses: administer at 2, 4, 6, 15 - 18 months, and 4 – 6 years; administer again at 11 – 12 years
Measles, Mumps, Rubella (MMR)	2 doses: administer at 12 – 15 months and at 4 - 6 or 11 – 12 years
Varicella (VZV) (Chickenpox)	2 doses: administer at 12 – 15 months and 4 – 6 years
Influenza	Annually for ages 6 months and older
Hepatitis A (HepA)	2 doses: administer 6 – 18 months apart, first dose at 1-2 years, if recommended for your child
Human Papillomavirus (HPV)	3 doses: both boys and girls at 11 – 12 years
Meningococcal	2 doses: administer at 11 – 12 years, booster at age 16

Counseling

Development, nutrition, physical activity, safety, unintentional injuries and poisonings, violent behaviors and firearms, STDs and HIV, family planning, tobacco use, drug use	As appropriate for child's age
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A photograph of three young women with diverse backgrounds laughing heartily. The woman in the center has curly hair and is wearing a red top. The woman on the left has blonde hair and is wearing a light-colored top. The woman on the right has long brown hair and is wearing a green top. A blue semi-transparent banner is overlaid on the right side of the image, containing the text 'KNOW YOUR BENEFITS.' in white, bold, sans-serif capital letters.

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*Preventive Care Guidelines for Adults Aged 19– 65+**

Screening

<i>Office Visits</i>	<i>Annually</i>
<i>Blood Pressure</i>	<i>Periodically</i>
<i>Height and Weight</i>	<i>Periodically</i>
<i>Alcohol Use</i>	<i>Periodically</i>
<i>Prostate Cancer Screening</i>	<i>Men: periodically after age 50</i>
<i>Testicular Cancer Exam</i>	<i>Men: monthly self exam; also included as part of yearly complete exam</i>
<i>Cholesterol</i>	<i>Every 5 years after age 20</i>
<i>Mammography</i>	<i>Women: every year after age 45</i>
<i>Pap Test</i>	<i>Women: every 3 years starting at age 21</i>
<i>Sigmoidoscopy</i>	<i>Every 5 to 10 years after age 50</i>
<i>Fecal Occult Blood</i>	<i>Yearly after age 50</i>
<i>Oral Health</i>	<i>1-2 times a year</i>
<i>Eye Health</i>	<i>Every 2 years</i>
<i>Skin Health</i>	<i>Mole self exam monthly starting at age 20</i>



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Immunizations

<i>Tetanus-Diphtheria (Td)</i>	<i>Booster every 10 years</i>
<i>Varicella (VZV) (Chickenpox)</i>	<i>2 doses, if not vaccinated as a child</i>
<i>Human Papillomavirus (HPV)</i>	<i>3 doses: administer between 19 and 26 years, if not previously vaccinated</i>
<i>Measles, Mumps, Rubella (MMR)</i>	<i>1 – 2 doses from 19-55</i>
<i>Pneumococcal</i>	<i>One dose if 65+</i>
<i>Influenza</i>	<i>Annually for all adults</i>
<i>Zoster</i>	<i>1 dose after age 60</i>

Counseling

<i>Calcium Intake</i>	<i>Women: periodically</i>
<i>Folic Acid</i>	<i>Women of childbearing age: periodically between age 18 and 50</i>
<i>Hormone Replacement Therapy</i>	<i>Peri- and post-menopausal women</i>
<i>Tobacco cessation, drug and alcohol use, STDs and HIV, family planning, domestic violence, unintentional injuries, seat belt use, nutrition, physical activity, fall prevention and polypharmacy (elderly)</i>	<i>Periodically, as appropriate</i>

**Individualized preventive care required in upper age limits.*



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