



*Health Net of California, Inc. and
Health Net Life Insurance Company (Health Net)*

Health Net's Preventive Screening Guidelines

GUIDELINES FOR CHILDREN AND ADULTS



*Coverage for
every stage of life™*



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.

Helping you stay healthy

For more information on our wellness programs or detailed guidelines visit www.healthnet.com and click on Wellness Center.



HEALTH AND WELLNESS

Get information on our online and telephonic wellness programs by visiting the Wellness Center. Information and resources are available for weight loss, healthy eating, tobacco cessation, stress management, exercise and condition management.



Recommended immunization (shots)

Schedule for persons aged 0 through 6 years^{1,2}

Vaccine	At birth	Age (in months)									Age (in years)				
		1	2	4	6	9	12	15	18	19–23	2–3	4	5	6	
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					High-risk groups
Pneumococcal			✓	✓	✓	Catch up if needed		✓		Catch up if needed					High-risk groups
Inactivated poliovirus (IPV)			✓	✓			✓				Catch up if needed			✓	
Influenza (flu)										✓	Yearly				
Measles, mumps, rubella (MMR)					High-risk groups			✓			Catch up if needed			✓	
Varicella (VAR)								✓			Catch up if needed			✓	
Hepatitis A (HepA)										✓	2 doses		✓	As your doctor suggests, high-risk groups	
Meningococcal															High-risk groups

Catch up if needed: If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

High-risk groups: Check with your doctor to see if you need this shot.



Recommended immunization (shots)

Schedule for persons aged 7 through 18 years^{1,2}

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

Catch up if needed: If you have missed your shot(s) in the past, you can talk to your doctor about getting this shot at this time.

High-risk groups: Check with your doctor to see if you need this shot.





Recommended screenings (tests)

Schedule for persons aged 0 through 18 years^{1,2,3}

Service	Age (in months)						Age (in years)		
	Birth–6	9	12	15	18	19–36	3–10	11–12	13–18
Routine health exam	At birth, 3–5 days, and at 1, 2, 4, and 6 months	Every 3 months				Every 6 months	Every year		
Lead testing	Starting at 6 months, check during routine health exams. Test at 12 months and 24 months or 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	Age (in years)				
	19–26	27–49	50–59	60–64	65 and over
Tetanus, diphtheria, pertussis (Td/Tdap)	✓ 1 dose Tdap, then boost with Td every 10 years				
Human papillomavirus (HPV)	✓ As your doctor suggests	If high risk or 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				

High-risk groups: Check with your doctor to see if you need this shot.



Recommended health screenings (tests)

Schedule for adults^{1,2,4}

Service	Age (in years)		
	19–39	40–64	65 and over
Routine health exam	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		





Recommended health screenings (tests)

Schedule for women^{1,2}

Service	Age (in years)		
	19–39	40–64	65 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 if high risk	Every 1–2 years or as your doctor suggests	
Breast exam by doctor	Every 1–3 years	Every year	
Self breast 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



Recommended health screenings (tests)

Schedule for men^{1,2}

Service	Age (in years)		
	19–39	40–64	65 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), US Preventive Services Task Force (USPSTF), and American Academy of Pediatrics (AAP).

³Routine health exams, counseling and education for children and adolescents should include measuring the patient's height, weight and blood pressure. Exams should also include body mass index (BMI), along with 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, body mass index (BMI), vision and hearing tests, depression, 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/prepregnancy
- 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