

# 2009 Clinical Preventive Care Guidelines

## Help Your Child Grow and Develop Normally and Stay Healthy

Research has shown there are plenty of things you can do to help your children grow, stay healthy and develop normally. Make sure your child gets plenty of rest, proper nutrition and adequate exercise. A balanced diet full of essential vitamins and minerals will help ensure that your child will reach his full growth potential. For your child's daily nutritional requirements check <http://www.mypyramid.gov>

## What is your child's BMI?

Body Mass Index (BMI) is a number calculated from a person's height and weight. It provides a reliable indicator of body fatness. It is used to screen for health problems related to a person's weight. To calculate your child's BMI, and for tips to help your child maintain a healthy weight, go to: <http://apps.nccd.cdc.gov/dnpabmi>

## Children & Adolescents (Birth - 18 years of age) Preventive Schedule

See complete list of footnotes and details regarding child immunizations on the AHRQ Web site at [www.ahrq.gov](http://www.ahrq.gov), and discuss with your physician. Advisory Committee for Immunization Practices (ACIP) recommended guideline:

General Health Exams														
Physical and Development Exam	Every Visit													
Height and Weight	Every Visit													
Blood Pressure and BMI	Annually, begin at age 2													
Vision and Hearing and Dental Screening	Annually, begin at age 3													
Screening At Risk Patients														
Cholesterol Screening	Every two years beginning at age 2													
Lead test, TB, Sickle Cell & STD Screening	As indicated by history and/or symptoms													
Guidance														
Injury / Violence Prevention	Annually, more often if indicated													
Nutrition Counseling	Every Visit													
Screen/Counseling for Tobacco, Alcohol and Substance Abuse	Each visit starting at age 14, earlier if indicated													
Immunizations *	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis A						2 doses, 6 months apart								
Hepatitis B	•	— • —				— • —								
Diphtheria, Tetanus, Pertussis (DTap)			•	•	•		— • —			•				
Tetanus, Diphtheria, Pertussis (Tdap)											•			
Haemophilus Influenza Type B			•	•		— • —								
Inactivated Poliovirus			•	•		— • —				•				
Measles, Mumps, Rubella (MMR)						— • —				•				
Varicella						— • —				•				
Pneumococcal			•	•	•	— • —					— • —			
Influenza										•				
										(Annually)				
Roto Virus (RotoTeq)** <i>6 to 12 week intervals completed by 32 weeks</i>			•	•	•									
Human Papillomavirus (HPV) <i>Given as a 3-dose series</i>												— • —		
														(Females only)

— • — Represents a range of recommended ages

CARE FOR PATIENTS WITH RISK FACTORS: Appropriate testing should be done at the doctor's discretion, based on family history and personal risk factors.

One of the most important steps you can take for your health is to schedule regular checkups. Use this schedule as a reference tool during discussions with your doctor to determine the best options specific to your needs.

**Be sure to verify your benefits for preventive services so you'll know what's paid by your plan.** This schedule of preventive services is based on recommendations of the U.S. Preventive Services Task force. This schedule is a partial list. For a complete list of recommended services, visit the Agency for Healthcare Research and Quality (AHRQ) web site at [www.ahrq.gov](http://www.ahrq.gov).

## Adult (age 19+) Preventive Schedule\*

### Routine Health Guide

Blood Pressure, Height and Weight	Each visit, minimum once every 2 years
BMI and Waist Circumference	Annually
Breast Exam by Practitioner	Annually
Physical Exam/Dental Exam/Health Guidance	Annually

### Recommended Diagnostic Check-Ups

Abdominal Aortic Aneurysm Check	One-time screening for men ages 65-75 who have ever smoked
Bone Mineral Density Screening	Women starting at age 65; if increased risk for fractures and osteoporosis start at age 60
Chlamydia and Other Sexually Transmitted Disease Check	24 years or younger if sexually active, over 24 talk to your doctor
Cholesterol Screening	Screening once every 5 years begin at age 20
Colorectal Cancer Screening	Ages 50-70
Fasting Blood Glucose	Consult your doctor
Mammogram	Every 1 - 2 years starting at age 40
Pap Test	Every 1 - 3 years if sexually active or over age 21
Prostate Cancer Screening	Discuss with your physician

### Guidance

Screen/Counseling for Tobacco, Alcohol, Depression and Substance Abuse	Every visit, as indicated
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### Immunizations\*

Diphtheria, Tetanus, Pertussis (Tdap)	Age 19+: Td Booster every 10 years
Measles, mumps, rubella (MMR)	Ages 19-49: 1 or 2 doses. By doctor recommendation ages 50+: 1 dose
Varicella	Ages 19-49: 2 doses. By doctor recommendation ages 50+: 2 doses (0, 4-8 weeks)
Influenza**	Ages 50+: 1 dose annually. By doctor recommendation ages 19-49: 1 dose
Pneumococcal (polysaccharide)**	Ages 65+: 1-2 doses. By doctor recommendation ages 19-64: 1 or 2 doses
Hepatitis A**	Ages 19+: 2 doses
Hepatitis B**	Ages 19+: 3 doses
Meningococcal**	Ages 19+: 1 or more doses (revaccination interval is 5 years)
Human Papillomavirus (HPV)	Females ages 19-26: 3 doses (may be administered to females as young as 9 years)
Shingles (Zoster)	Ages 60+: 1 dose

\* Some immunizations are contraindicated for certain conditions, including pregnancy and HIV infection. Consult AHRQ for a complete list, and discuss with your physician.

\*\* For select populations. Details on recommendations may be found on the Center for Disease Control Web site at [www.cdc.gov/nip/recs/adult-schedule.htm#print](http://www.cdc.gov/nip/recs/adult-schedule.htm#print).

**These recommendations were developed as a guide for our members and are not intended to replace your doctor's judgment. We encourage you to discuss them with your physician.**