

2024  
**Preventive  
Health  
Guidelines**



Customer Service: 866-781-5094 (TTY: 866-773-9634) Monday – Friday from 8 a.m. – 6 p.m.  
24-Hour Nurseline: 800-830-1525 (TTY: 711)



## Preventive care

Preventive care includes tests, exams, screenings and shots that help you stay well or help your doctor find diseases early. What you need depends on your age and other factors.

These guidelines show the kinds of care you should ask your doctor about when you go for your yearly wellness visit. They also show when you or your child should get vaccines.

These are not the full lists of all the preventive care you may need. Also, these lists may change from time to time, depending on the advice of health experts.

To see the most up-to-date guidelines, go online for these sources:

- ◆ Preventive Care Recommendations:  
[www.uspreventiveservicestaskforce.org/uspzstfrecommendation-topics/uspstf-a-and-b-recommendations](http://www.uspreventiveservicestaskforce.org/uspzstfrecommendation-topics/uspstf-a-and-b-recommendations)
- ◆ Shots and Vaccines Recommendations:  
[www.cdc.gov/vaccines/schedules/index.html](http://www.cdc.gov/vaccines/schedules/index.html)
- ◆ Information for Parents With Children:  
<https://www.cdc.gov/parents/children/index.html>\*

These are links to third-party websites. Those organizations are responsible for the content and privacy policies on their sites.

Your plan may not pay for all the services and treatments listed. To learn more about what your plan covers, you can:



Check your Member Handbook.



Call Customer Service at 866-781-5094 (TTY: 866-773-9634).



Visit [www.HealthyBlueSC.com](http://www.HealthyBlueSC.com).



## Always get personal medical advice from your doctor.

This guide does not mention every condition and treatment. Ask the doctor which exams, tests and vaccines are right for you or your child, when to receive them, and how often.

## Well-baby visits: birth to 24 months

Infants need to be seen by a doctor at birth, at the following ages, and as the doctor suggests:

- ◆ 3 – 5 days old
- ◆ 1 month
- ◆ 2 months
- ◆ 4 months
- ◆ 6 months
- ◆ 9 months
- ◆ 12 months
- ◆ 15 months
- ◆ 18 months
- ◆ 24 months

Babies who leave the hospital less than two days (48 hours) after birth need to be seen by a doctor within two to four days after being born. All infants should receive treatment with an eye ointment to prevent a possible infection passed down by the mother during birth.

During a well-baby visit, your baby's doctor will talk to you about:

- ◆ Newborn care, safety and development.
- ◆ What and when to feed your baby.
- ◆ Parent and family health and well-being.
- ◆ Why it's important to minimize your baby's exposure to ultraviolet radiation.

SCREENINGS	WHEN TO GET THEM
Weight, length and head measurement	At each visit
Body Mass Index (BMI)	At 24 months
Newborn metabolic, such as phenylketonuria (PKU) (when the body is unable to break down protein), sickle cell (an inherited blood disorder), and thyroid screenings	Birth to 2 months old (best checked at 3 to 5 days old) Bilirubin at birth (checks for liver problems)
Critical congenital heart defect (birth defects of the heart)	At birth
Development — brain, body and behavior	At each visit
Hearing	As a newborn and as the doctor suggests
Vision	At each visit
Blood pressure	Check for risks at each visit.

## Well-baby visits: birth to 24 months *continued*

SCREENINGS	WHEN TO GET THEM
Oral and dental health	Referral to a dentist, if needed. Begin yearly dental exams starting at 12 months. Fluoride varnish when teeth start coming in (usually around 6 to 24 months old); fluoride prescription based on your drinking water (from 6 to 24 months old)
Hemoglobin or hematocrit (blood count)	Once between 9 to 12 months
Lead testing	At 12 and 24 months old. Check for risks as the doctor suggests.
Lipid disorder (cholesterol problems)	Check for risks at 24 months.
Autism (a condition that affects social skills and the way one communicates)	At 18 and 24 months
Maternal postpartum depression (after a mother gives birth)	At 1, 2, 4 and 6 months
Tuberculosis	Check for risks as the doctor suggests.

## Well-child visits: 2 1/2 to 10 years old

Depending on your child's age, the doctor may talk with you about:

- ◆ How to promote healthy nutrition.
- ◆ Exercise, growth, safety and healthy habits.
- ◆ Learning or school issues.
- ◆ Emotional and mental health.
- ◆ Family and home living issues.

SCREENINGS	WHEN TO GET THEM
Height, weight and Body Mass Index (BMI)	Each year
Development — brain, body and behavior	At each visit
Vision	Each year
Hearing	Each year
Oral and dental health	Referral to a dentist if needed Dental exams each year Fluoride varnish on the teeth when the dentist suggests (between 2 1/2 to 5 years old); fluoride prescription based on your drinking water (between 2 1/2 to 10 years old)
Lead testing	Check for risks through age 6.
Hemoglobin or hematocrit (blood count)	Check for risks each year.
Blood pressure	Each year starting at age 3. Check for risks before age 3
Lipid disorder (cholesterol problems)	Once between ages 9 to 11 Check for risks at all other ages.
Tuberculosis	Check for risks and test as the doctor suggests.



## Well-child visits: 11 to 20 years old

Depending on your child's age, the doctor may talk to you and your child about:

- ◆ Growth and development, such as oral health habits, body image, healthy eating, physical activity and sleep.
- ◆ Emotional well-being, including mood control and overall mental health.
- ◆ Safe sex, especially reducing risks of STIs and STDs and pregnancy.
- ◆ Substance use, whether that be drinking alcohol or using tobacco, e-cigarettes, or prescription or illegal drugs.
- ◆ School performance.
- ◆ Family and home living issues.
- ◆ Safety, such as seat belt use, helmet use and sun protection.
- ◆ Firearm safety if you own or are around guns.

### You may also get vaccines and these screenings:

SCREENINGS	WHEN TO GET THEM
Height, weight and Body Mass Index (BMI)	Percentile to age 18, then BMI each year.
Development — mind, body and behavior	Each year
Depression	Each year starting at age 12.
Blood pressure	Each year
Vision	Each year
Hearing	Each year
Oral and dental health	Each year; fluoride prescription based on your drinking water (between ages 11 to 16).
Hemoglobin or hematocrit (blood count)	Check for risks each year.
Lipid disorder (cholesterol problems)	Once between ages 9 to 11.
STIs, including chlamydia	One routine screening at age 15 or older; Every year, if sexually active.
Substance use disorder and tobacco addiction	Screen once between ages 15 to 18.

## Wellness for women

During a well-woman visit, the doctor may talk with you about:

- ◆ Diet and physical activity.
- ◆ Mental health, including depression.
- ◆ Oral and dental health.
- ◆ Tobacco use, how to quit tobacco and avoiding secondhand smoke.
- ◆ Drinking alcohol or using drugs.
- ◆ Skin cancer risks.
- ◆ Family planning, including:
  - Safe sex.
  - Birth control to help avoid unwanted pregnancy.
  - Spacing out pregnancies to have the best birth outcomes.
- ◆ Checking for STIs and STDs, including HIV and hepatitis B, if at risk.
- ◆ Folic acid supplements for women of childbearing age.

You may also get vaccines and these screenings:

SCREENINGS	WHEN TO GET THEM
Height, weight and Body Mass Index (BMI)	Each year or as your doctor suggests.
Blood pressure	Each year or as your doctor suggests. Recheck high readings at home.
Mammogram (breast X-ray)	Consider screening every two years from ages 50 to 74. Ask your doctor for advice.
Cervical cancer	For ages 21 to 29, do a Pap test every three years. For ages 30 to 65, do a Pap test every three years, a human papillomavirus (HPV) test alone, or a combination Pap test and HPV test every five years. Stop testing at age 65 if the last three Pap tests or last two tests (Pap plus HPV) within the last 10 years were normal. If there was an abnormal Pap test within the past 20 years, ask your doctor.
Colorectal cancer (of the colon and rectum)	From ages 45 to 75, your doctor may suggest one or more of these test options: <ul style="list-style-type: none"><li>◆ Stool (feces) tests:<ul style="list-style-type: none"><li>• Fecal immunochemical test (FIT)</li><li>• FIT-DNA: stool and DNA combo test</li><li>• Guaiac-based fecal occult blood test (gFOBT)</li></ul></li><li>◆ Visual tests:<ul style="list-style-type: none"><li>• Colonoscopy (using a small camera on the end of a flexible tube to look at your entire colon)</li><li>• CT colonography (using a CT scanner to take images of inside the colon)</li><li>• Flexible sigmoidoscopy (using a small camera on the end of a flexible tube to look at the last part of your colon, called the sigmoid colon)</li></ul></li></ul>

## Wellness for women *continued*

SCREENINGS	WHEN TO GET THEM
Chlamydia and gonorrhea	If sexually active and age 24 or younger.
Cholesterol	Statins (cholesterol medicine) may be needed for people ages 40 to 75 who have a high risk of cardiovascular disease, such as heart disease.
Glucose (blood sugar) screening for Type 2 diabetes	As your doctor suggests from ages 35 to 70, especially if overweight or obese. Those with high blood sugar should ask their doctors about preventive interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen between the ages of 18 to 79 years.
Osteoporosis (checks how dense your bones are)	Testing should start no later than age 65. Women in menopause should talk to their doctors about osteoporosis and have the test if at risk.
Lung cancer (with low-dose computed tomography (LDCT))	Beginning at age 50 in those with a 20-pack smoking history and currently smoke or have quit within the past 15 years.

## Wellness for men

During your visit, the doctor may talk with you about:

- ◆ Diet and physical activity.
- ◆ Mental health, including depression.
- ◆ Oral and dental health.
- ◆ Skin cancer risks.
- ◆ Tobacco use, how to quit tobacco and avoiding secondhand smoke.
- ◆ Drinking alcohol and using drugs.

You may also receive vaccines and these screenings:

SCREENINGS	WHEN TO GET THEM
Height, weight and Body Mass Index (BMI)	Each year or as your doctor suggests.
Abdominal aortic aneurysm (enlarged blood vessels in the abdomen)	Once between ages 65 to 75 if you have ever smoked.
Blood pressure	Each year or as your doctor suggests. Recheck high readings at home.
Cholesterol	Statins (cholesterol medicine) may be needed for people ages 40 to 75 who have a higher risk of cardiovascular disease, such as heart disease.
Colorectal cancer (of the colon and rectum)	From ages 45 to 75, your doctor may suggest one or more of these test options: <ul style="list-style-type: none"><li>◆ Stool (feces) tests:<ul style="list-style-type: none"><li>• Fecal immunochemical test (FIT)</li><li>• FIT-DNA: stool and DNA combo test</li><li>• Guaiac-based fecal occult blood test (gFOBT)</li></ul></li><li>◆ Visual tests:<ul style="list-style-type: none"><li>• Colonoscopy (using a small camera on the end of a flexible tube to look at your entire colon)</li><li>• CT colonography (using a CT scanner to take images of inside the colon)</li><li>• Flexible sigmoidoscopy (using a small camera on the end of a flexible tube to look at the last part of your colon, called the sigmoid colon)</li></ul></li></ul>
Glucose (blood sugar) screening for Type 2 diabetes	As your doctor suggests from ages 35 to 70, especially if overweight or obese. Individuals with high blood sugar should ask their doctors about preventive interventions to promote a healthy diet and physical activity.
Hepatitis C	Screen between the ages of 18 to 79 years.
Prostate cancer	From ages 55 to 69, talk with your doctor about the risks and benefits of prostate cancer tests.
Lung cancer (with low-dose computed tomography (LDCT))	Beginning at age 50 in those with a 20-pack smoking history and currently smoke or have quit within the past 15 years.



## Vaccines

People of all ages need vaccines, or “shots,” as we often call them.

VACCINES	BIRTH	1 – 2 MONTHS	2 MONTHS	4 MONTHS	6 MONTHS	6 – 18 MONTHS	12 – 15 MONTHS	15 – 18 MONTHS	19 – 23 MONTHS
COVID-19	Given per CDC and ACIP recommendations.								
Hepatitis B	✓	✓						✓	
Rotavirus (RV)	Two-dose or Three-dose series								
Diphtheria, tetanus and pertussis (DTaP)			✓	✓	✓				✓
Tetanus, diphtheria and pertussis (Td/Tdap)									
Haemophilus influenzae Type b (Hib)	Three to four doses between 2 to 15 months with first dose at 2 months, last dose at 12 to 15 months								
Pneumococcal conjugate (PCV20)			✓	✓	✓			✓	
Inactivated polio virus (IPV)			✓	✓				✓	
Influenza (flu)	Suggested each year from 6 months to 65+ years; two doses at least four weeks apart are recommended for children between 6 months to 8 years old having the vaccine for the first time.								
Measles, mumps and rubella (MMR)								✓	
Varicella (chickenpox)								✓	
Hepatitis A								Two-dose series between 12 to 23 months, taken six to 18 months apart.	
Human papillomavirus (HPV)									
Meningococcal									
Monoclonal RSV injection	One injection before or during RSV season for newborns and infants up to 8 months old.								
RSV									
Zoster (HZ/su)									

## Vaccines *continued*

VACCINES	4 – 6 YEARS	11 – 12 YEARS	13 – 18 YEARS	19 – 64 YEARS	65+ YEARS
COVID-19		Given per CDC and ACIP recommendations.			
Hepatitis B		See age recommendation on previous page.			
Rotavirus (RV)		See age recommendation on previous page.			
Diphtheria, tetanus and pertussis (DTaP)	√				
Tetanus, diphtheria and pertussis (Td/Tdap)		Tdap		Every 10 years	
Haemophilus influenzae Type b (Hib)		See age recommendation on previous page.			
Inactivated polio virus (IPV)	√				
Pneumococcal conjugate (PCV20)				Ages 19 – 64 with underlying health risk factors	√
Influenza (flu)	Suggested each year from 6 months to 65+ years; two doses at least four weeks apart are recommended for children between 6 months to 8 years old having the vaccine for the first time.				
Measles, mumps and rubella (MMR)	√				
Varicella (chickenpox)	√				
Hepatitis A		See age recommendation on previous page.			
Human papillomavirus (HPV)		Two-dose series			
Meningococcal		√	Booster at age 16; MenB FHb at ages 16 to 23		
Monoclonal RSV injection		See age recommendation on previous page.			
RSV		Maternal RSV: Given per CDC and ACIP recommendations. RSV: Ages 60 and older			
Zoster (HZ/su)		19 and older if immunocompromised. Two-dose ages 50 and older			

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