



Take advantage of preventive care to help manage your health

Preventing disease and detecting health issues at an early stage, if they occur, are important to living a healthy life. Following these recommended guidelines, along with the advice of your doctor, may help you stay healthy. For specific health questions and concerns, talk with your doctor and follow his or her direction as to the preventive care services that are right for you.

UnitedHealthcare is dedicated to helping people live healthier lives, and we encourage our members to receive age and gender appropriate preventive care health services. Under health care reform, most of our members are eligible to receive certain preventive health care services, based upon age, gender and other factors, with no cost-sharing. UnitedHealthcare covers preventive services, as specified in the health care reform law, at 100% without charging a copayment, coinsurance or deductible, as long as they are received in the health plan's network. UnitedHealthcare also covers other diagnostic services, which may require a copayment, coinsurance or deductible. Always refer to your plan documents for your specific coverage.



Preventive Care guidelines for children



It's important for children of all ages to have preventive medical checkups. Preventive care promotes healthy growth and development and includes screening, counseling, and immunization services for children at appropriate ages.

You can help promote your child's good health by scheduling regular check ups with a network physician to obtain age-appropriate preventive care screening services and immunizations. During these preventive care visits you will want to provide the doctor with information about your child as well as information about illnesses or medical conditions your child may have, and the medicines your child takes, if any. The doctor will likely:

- ▶ Give your child a complete physical examination
- ▶ Make sure your child has up-to-date immunizations
- ▶ Give you advice to help your child stay healthy

Services at each of these preventive visits will vary based on age, but will include some of the following:

- ▶ Measurement of your child's head size
- ▶ Measurement of length/height and weight
- ▶ Screening blood tests, if appropriate
- ▶ Providing age appropriate immunizations
- ▶ Vision screening
- ▶ Hearing screening
- ▶ Counseling on oral health
- ▶ Psychological and behavioral development assessment
- ▶ Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- ▶ Counseling for children and their parents on nutrition and exercise
- ▶ Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more.

Following your child's examination the doctor should also provide you with information about your child's growth, development and general health, and will answer any questions you may have about your child.

UnitedHealthcare encourages regular preventive care visits with a network physician to help maintain your child's health.



An important step you can take toward protecting your child from serious illness is to maintain the doctor recommended schedule of preventive care visits and immunizations.

Source: <http://archive.ahrq.gov/clinic/prevenix.htm>

Source: <http://www.allkids.com/customers/checkups.html>

Development, psychosocial, and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separate from preventive care visits. These guidelines represent a consensus by the American Academy of Pediatrics (AAP) and Bright Futures. The recommendations in this statement do not indicate an exclusive course of treatment or standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care.

These clinical guidelines are provided for informational purposes only, and do not constitute medical advice.

Preventive Care benefits may not apply to certain services listed above.

Childhood Immunizations Newborn to age 6 years



Immunizations save millions of lives each year, and can help protect your child against many childhood diseases. The following immunization schedules will provide you with the guideline recommendations for children ages 0-18 years.

Childhood Immunizations recommended schedule for children aged 0 through 6 years – United States • 2012

Vaccine	Newborn	1 Month	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years	4-6 Years
Hepatitis B ¹	HepB				HepB							
Rotavirus ²			RV	RV	RV ²							
Diphtheria, tetanus, pertussis ³			DTaP	DTaP	DTaP		See footnote ³	DTaP				DTaP
Haemophilus influenzae type b ⁴			Hib	Hib	Hib ⁴		Hib					
Pneumococcal ⁵			PCV	PCV	PCV		PCV				PPSV	
Inactivated poliovirus ⁶			IPV	IPV			IPV					IPV
Influenza ⁷					Influenza (yearly)							
Measles, mumps, rubella ⁸							MMR		See footnote ⁵			MMR
Varicella ⁹							Varicella		See footnote ⁹			Varicella
Hepatitis A ¹⁰							Dose 1				HepA series	
Meningococcal ¹¹					MCV4 - See footnote ¹¹							

Range of recommended ages for all children	Range of recommended ages for certain high-risk groups	Range of recommended ages for all children and certain high-risk groups
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This schedule includes recommendations in effect as of December 23, 2011. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. The use of a combination vaccine generally is preferred over separate injections of its equivalent component vaccines. Vaccination providers should consult the relevant Advisory Committee on Immunization Practices (ACIP) statement for detailed recommendations, available online at <http://www.cdc.gov/vaccines/pubs/acip-list.htm>. Clinically significant adverse events that follow vaccination should be reported to the Vaccine Adverse Event Reporting System (VAERS) online (<http://www.vaers.hhs.gov>) or by telephone (800-822-7967).

For a complete list of footnote references please visit: www.cdc.gov/vaccines/recs/acip.

SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0 through 18 years – United States, 2012 at: <http://www.cdc.gov/vaccines/pubs/acip-list.htm>.

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Childhood Immunizations age 7 to 18 years



Childhood Immunization recommended schedule for children aged 7 through 18 years – United States • 2012

Vaccine	7–10 years	11–12 years	13–18 years
Tetanus, diphtheria, pertussis ¹	1 dose (if indicated)	1 dose	1 dose (if indicated)
Human papillomavirus ²	see footnote ²	3 dose	Complete 3-dose series
Meningococcal ³	See footnote ³	Dose 1	Booster at 16 years old
Influenza ⁴	Influenza (yearly)		
Pneumococcal ⁵	See footnote ⁵		
Hepatitis A ⁶	Complete 2-dose series		
Hepatitis B ⁷	Complete 3-dose series		
Inactivated poliovirus ⁸	Complete 3-dose series		
Measles, mumps, rubella ⁹	Complete 2-dose series		
Varicella ¹⁰	Complete 2-dose series		

For those who fall behind or start late, see the catch-up schedule

Range of recommended ages for all children	Range of recommended ages for catch-up immunization	Range of recommended ages for certain high-risk groups
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This schedule includes recommendations in effect as of December 23, 2011. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. The use of a combination vaccine generally is preferred over separate injections of its equivalent component vaccines. Vaccination providers should consult the relevant Advisory Committee on Immunization Practices (ACIP) statement for detailed recommendations, available online at <http://www.cdc.gov/vaccines/pubs/acip-list.htm>. Clinically significant adverse events that follow vaccination should be reported to the Vaccine Adverse Event Reporting System (VAERS) online (<http://www.vaers.hhs.gov>) or by telephone (800-822-7967). For a complete list of footnote references please visit: www.cdc.gov/vaccines/recs/acip.

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Preventive Care Guidelines for Adult Screenings and Immunizations

A preventive health visit can help you establish the baseline for your current health, and help identify any health issues before they become more serious. You and your doctor can then work together to identify care options that may help maintain or improve your health. The following information provides guideline recommendations for preventive care screenings, to evaluate general health and development in adults over age 18.

Recommendations for adult screenings

Obesity screening											
18	25	30	35	40	45	50	55	60	65	70	
Recommended weight assessment at each preventive visit.											

Blood Pressure											
18	25	30	35	40	45	50	55	60	65	70	
Recommended blood pressure assessment at each preventive visit.											

Cardiovascular Disease Aspirin use counseling											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	
Recommended for certain patients ages 45 and up to obtain counseling, from a primary care physician, on the use of aspirin in the prevention of cardiovascular disease. For those at high risk for heart disease, discuss aspirin and low risk alternatives with your physician.											

Diabetes screening											
18	25	30	35	40	45	50	55	60	65	70	
Recommended for asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.											

Cholesterol (Lipid) test											
18	25	30	35	40	45	50	55	60	65	70	
Screening recommended for all men age 35 and up; men age 20 through 34 and women age 20 and up if at increased risk for coronary heart disease.											

Colorectal cancer screening											
18	25	30	35	40	45	50	55	60	65	70	
Routine Colorectal cancer screening recommended beginning at 50 years, high risk persons should be screened at younger ages and more frequently than persons at standard risk. Speak with your physician regarding screening methods and appropriate screening intervals.											

Abdominal Aortic Aneurysm screening											
18	25	30	35	40	45	50	55	60	65	70	
Recommended screening for abdominal aortic aneurysm in men 65-75 years old who have ever smoked.											

Men and Women	Men	Women
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Recommendations for adult immunizations

Human Papilloma virus vaccine											
18	25	30	35	40	45	50	55	60	65	70	
3 doses may be administered to both males and females age 9–26 years with physician discretion.											

Measles, Mumps, Rubella (MMR) vaccine											
18	25	30	35	40	45	50	55	60	65	70	
Once for all with lack of immunity. Adults born before 1957 are generally considered to be immune to measles and mumps so may not require vaccination. Those born after 1957 may need a 2nd dose. Between ages 18 to 49 years, one or two doses. Over age 50, one dose. Consult with your health care provider.											

Hepatitis B vaccine											
18	25	30	35	40	45	50	55	60	65	70	
Three doses for all persons at risk and pregnant women beginning at first prenatal visit. Discuss with your physician.											

Influenza vaccine											
18	25	30	35	40	45	50	55	60	65	70	
One dose annually as directed by your physician.											

Pneumococcal Polysaccharide vaccine (PPV)											
18	25	30	35	40	45	50	55	60	65	70	
Between ages 18 to 49 years, one or two doses. Over age 50, one dose. One or two doses for individuals at high risk for complications of infection. ² Discuss with your physician.											

Tetanus-Diphtheria (Td/Tdap) vaccine											
18	25	30	35	40	45	50	55	60	65	70	
Every 10 years for adults who have completed the primary series and if the last vaccine was received 10 or more years ago, substitute for a single booster of Td.											

Varicella (VZV) vaccine											
18	25	30	35	40	45	50	55	60	65	70	
Two doses for those susceptible with lack of immunity. Susceptibles: People 13 and older who have not received the vaccine and have not had chickenpox.											

Hepatitis A vaccine											
18	25	30	35	40	45	50	55	60	65	70	
Two doses for all persons at risk. Discuss with your physician.											

Meningococcal vaccine											
18	25	30	35	40	45	50	55	60	65	70	
One or more doses for individuals at high risk. ¹ Discuss with your physician.											

Zoster											
18	25	30	35	40	45	50	55	60	65	70	
One dose for those over age 60.											

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Preventive Care Guidelines for Adult Screenings for Women



UnitedHealthcare is committed to advancing prevention and early detection of disease. The follow guidelines reflect the expanded women's preventive care services provided under the health reform law.

Please note the expanded women's preventive care services **become effective the first plan year beginning on or after Aug. 1, 2012**. So it is important to note that your specific coverage for these services will depend on your first plan renewal date on or after Aug. 1, 2012. Please speak to your Health Benefits Administrator to confirm your specific plan coverage.

Well Women exams											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Recommended for all women, with sufficient visits each year to obtain all required preventive care services.

Sexually transmitted infections screening											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Recommended for all sexually active women

HIV Screening and Counseling											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Recommended for all sexually active women

Cervical cancer screening (Pap Smear) ³											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

The USPSTF recommends screening in women age 21 to 65 years with cytology (Pap smear) every 3 years or, for women age 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years.

HPV DNA Testing											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Recommended for women age 30+ every three years or as directed by your doctor.

Mammography											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Screening Mammography recommended for all adult women of standard risk every one to two years beginning at age 40 or as directed by your physician. Women at defined high risk should be screened earlier, consult with your physician regarding breast cancer prevention alternatives with low risk of adverse effects.

Osteoporosis screening											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Routine screening recommended for women age 65 and older. Screening for post-menopausal women at defined high risk, discuss with your physician.

Gestational Diabetes Screening											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Recommended for all Pregnant women between 24-28 weeks and those at high risk during the first prenatal visit are screened.

Screening for rubella, iron deficiency anemia, urinary tract infection, Hepatitis B, blood type and RH(D) incompatibility screening											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Recommended for pregnant Women at first pre-natal visit without prior screening, proof of immunization or immunity or at increased risk.

Folic Acid – recommended dosage is 0.4 - 0.8mg daily											
Age Ranges											
18	25	30	35	40	45	50	55	60	65	70	

Recommended for adult women of childbearing age beginning at age 18 who are considering pregnancy.

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Preventive Care Guidelines for Adult Counseling for Women



UnitedHealthcare is committed to advancing prevention and early detection of disease. The follow guidelines reflect the expanded women’s preventive care services provided under the health reform law.

Please note the expanded women’s preventive care services **become effective the first plan year beginning on or after Aug. 1, 2012**. So it is important to note that your specific coverage for these services will depend on your first plan renewal date on or after Aug. 1, 2012. Please speak to your Health Benefits Administrator to confirm your specific plan coverage.

Domestic Violence Screening and Counseling										
Age Ranges										
18	25	30	35	40	45	50	55	60	65	70
Recommended routine screening and counseling, by network primary care physician, recommended for all women.										

FDA Approved Contraception methods and counseling										
Age Ranges										
18	25	30	35	40	45	50	55	60	65	70
Recommended routine screening and counseling, by network primary care physician, recommended for all women.										

Breast feeding and post-partum counseling, equipment and supplies										
Age Ranges										
18	25	30	35	40	45	50	55	60	65	70
Recommended as part of pre/post-natal counseling for pregnant women, with rental or purchase of certain breast feeding equipment through approved vendors.										

Preventive Care Guidelines for Adult Counseling



Preventive care guideline recommendations for adult counseling

Every day, you make countless decisions that affect your health and well-being. Understanding and managing your lifestyle and everyday health behaviors is one way to help maintain or improve your overall health. The following guidelines provide the counseling recommendations for adults over age 18.

Tobacco/Nicotine Use										
Age Ranges										
18	25	30	35	40	45	50	55	60	65	70
Recommended that physician ask about tobacco use at each visit. Routine Screening and counseling, by network primary care physician, to detect potential health risks associated with tobacco/nicotine use.										

Alcohol/Illicit Drug use										
Age Ranges										
18	25	30	35	40	45	50	55	60	65	70
Routine screening and counseling, by network primary care physician, to detect potential health risks associated with Alcohol/Illicit drug use.										

Nutrition, physical activity, sun exposure, depression and injury prevention										
Age Ranges										
18	25	30	35	40	45	50	55	60	65	70
Periodic screening and counseling, by network primary care physician, to assess health issues and promote healthy lifestyle behaviors.										
Men and Women				Men			Women			

See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on clinical preventive services.

1. High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.
2. For persons aged 65 and older, one time revaccination is recommended if they were vaccinated more than 5 years previously and were younger than age 65 years at the time of primary vaccination.
ACOG, "Cervical Cytology Screening" Obstetrics & Gynecology

For more information on preventive care, visit our online website at www.uhcpreventivecare.com to identify your age and gender-specific preventive care guidelines, based on recommendations of the U.S. Preventive Services Task Force and other health organizations. You can also email, download or print your results and sign up for preventive care email reminders. Use these recommendations to talk with your doctor about the preventive health screenings that may be right for you.



These guidelines are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF), U.S. Department of Health and Human Services and the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. They are provided for informational purposes only, and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card. Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.