

Important preventive health services for you and your family

This information is a summary of preventive health services recommendations for healthy adults and children with normal risk. Talk with your doctor to determine what preventive services are right for you and when you should have them.

Recommended preventive health screenings and vaccines for children

PKU, sickle cell hemoglobinopathies, hypothyroidism	Once — newborns
Hearing	Once — newborns before 1 month of age
Vision	Once — 3-5 years of age
Body Mass Index (BMI)	Periodically — 6-18 years of age
Depression	Routinely — 12-18 years of age
Hepatitis B (HepB)	3-4 doses — 1 dose at birth; 1 dose 1-2 months later; 1 dose at 4 months of age ¹ ; and 1 dose between 6-18 months of age
Hepatitis A (HepA)	2 doses — 2 doses, 6 months apart between 12 and 23 months of age
Rotavirus (RV)	2-3 doses — 1 dose each at 2, 4, and 6 months of age ¹
Diphtheria-Tetanus-Pertussis (DTaP)	5 doses — 1 dose each at 2, 4, and 6 months of age; 1 dose between 15 and 18 months of age; and 1 dose between 4 and 6 years of age
Inactivated Polio Vaccine (IPV)	4 doses — 1 dose each at 2 and 4 months of age; 1 dose between 6 and 18 months of age; and 1 dose between 4 and 6 years of age
H. Influenzae Type B (Hib) (may be combined with DTaP)	3-4 doses — 1 dose each at 2, 4, and 6 months of age ¹ ; and 1 dose between 12 and 15 months of age
Pneumococcal Conjugate Vaccine (PCV)	4 doses — 1 dose each at 2, 4, and 6 months of age; and 1 dose between 12 and 15 months of age ²
Measles-Mumps-Rubella (MMR)	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
Chicken pox (varicella)	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
Influenza	Every flu season — beginning at 6 months of age ³
Meningococcal	2 doses — 1 dose between 11 and 12 years of age; and 1 dose at 16 years of age
Tetanus-Diphtheria-Pertussis (Tdap)	1 dose — 1 dose between 11 and 12 years of age if the childhood DTP/DTaP series is complete and the child has not received the Td booster dose
Human Papillomavirus (HPV)	3 doses for males and females — first dose between 11 and 12 years of age; second dose 2 months later; and third dose 6 months after the first dose

¹Dose dependent on vaccine type.

²Healthy children who have not yet turned 5, and children with medical conditions who have not yet turned 6, who completed the 4-dose series with PCV 7 should get one dose of PCV13.

³All children younger than 9 years of age getting the vaccine for the first time should receive two doses. If only one dose was given in the first year, two doses should be given in the following year. Household/close contacts and out-of-home caregivers of children age 0-59 months and children who have high-risk conditions should also receive the influenza vaccine.

Recommended preventive health screenings and vaccines for adults

Blood pressure	Every 2 years — 18 years of age and older
Body Mass Index (BMI)	Periodically — 18 years of age and older
Cholesterol	Every 5 years — men 35 years of age and older; screen adult women if at risk for coronary artery disease
Mammogram¹	Every 1-2 years — women 40 years of age and older
Cervical cancer²	Every 1-2 years ³ — beginning at 21 years of age or earlier if sexually active; if 30 years of age and older, either a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative. Women 70 years of age and older may stop screening. Talk with your doctor to discuss the method of screening that is right for you.
Chlamydia	Routinely — women 24 years of age and younger if sexually active
Osteoporosis (bone density test)	Routinely — women 65 years of age and older
Prostate cancer	Men younger than 75 years of age — discuss pros and cons of prostate-specific antigen (PSA) testing with your doctor
Abdominal aortic aneurysm	Once — men 65-75 years of age who have ever smoked tobacco
Colorectal cancer	Between 50-75 years of age — yearly screening with high-sensitivity fecal occult blood testing, OR sigmoidoscopy every 5 years with high-sensitivity fecal occult blood testing every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.
Depression	Routinely — 18 years of age and older
Alcohol misuse	Routinely — 18 years of age and older
Tobacco use	Routinely — 18 years of age and older
Tetanus-Diphtheria-Pertussis (Td/Tdap)	1 dose Td every 10 years — 19 years of age and older; for 19-64 years of age, substitute a single dose of Td booster with Tdap
Influenza	Every flu season
Pneumococcal	1 dose — 65 years of age and older
Zoster	1 dose — 60 years of age and older

¹Mammography screening recommendations are based on the National Cancer Institute recommendations found at www.cancer.gov/cancertopics/factsheet/Detection/screening-mammograms as of 2/22/12.

²Cervical cancer screening recommendations are based on the American Cancer Society guidelines found at www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer as of 2/22/12.

³Every two years when using newer liquid-based Pap test.

The preventive health screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) found online at www.ahrq.gov/clinic/prevenix.htm as of 2/22/12. The vaccine recommendations are based on the Centers for Disease Control and Prevention (CDC) found online at www.cdc.gov/vaccines as of 2/22/12. Recommendations change often. A full list of the most current recommendations may be accessed at these websites.

Before scheduling a visit for a suggested preventive care service, be sure to check your Summary Plan Description (SPD) to determine your share of the cost for these services.

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