

# Screenings & Immunizations Guidelines

Why preventive care is important...



\* Preventing disease, and detecting disease early if it occurs, are important to living a healthy life. And, the better your health, the lower your health care costs are likely to be. Following these guidelines, along with the advice of your doctor, can help you stay healthy. Talk to your doctor about your specific health questions and concerns, and follow his or her recommendations. If you'd like more information on preventive care, visit [www.preventiveservices/ahrq.gov](http://www.preventiveservices/ahrq.gov).

## Guidelines for maintaining your health.

### Screenings Schedule\*: newborn to age 4

Age	Screening Test	Frequency
Newborn	Newborn screening (PKU, sickle cell, hemoglobinopathies, hypothyroidism)	During newborn period
	Hearing Screening	Once
Birth - 2 months	Head circumference	At each well-child visit
Birth - 2 years	Length and weight	At each well-child visit
2-18 years	Height and weight	At each well-child visit
3-4 years	Eye screening	Once
Younger than 5 years	Dental	At each well-child visit



## Immunizations for children ages 0-18 years

Range of recommended ages

Catch-up immunization

Certain high-risk groups

### Immunization schedule\*: children ages 0 to 6 years

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years	
Hepatitis B	HepB	HepB										
Rotavirus			Rota	Rota	Rota							
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP			DTaP			DTaP	
Haemophilus influenzae type b			Hib	Hib	Hib		Hib					
Pneumococcal			PCV	PCV	PCV		PCV				PCV	
Inactivated Poliovirus			IPV	IPV	IPV						IPV	
Influenza					Influenza (yearly)							
Measles, Mumps, Rubella							MMR				MMR	
Varicella							Varicella				Varicella	
Hepatitis A							HepA (2 doses)				HepA Series	
Meningococcal											MCV4	

### Immunization schedule\*: children ages 7 to 18 years

Vaccine	7-10 years	11-12 year assessment	13-14 years	15 years	16-18 years
Tetanus, Diphtheria, Pertussis		Tdap	Tdap		
Human Papillomavirus (for females only)		HPV (3 doses)	HPV Series		
Meningococcal	MCV4	MCV4	MCV4		
Pneumococcal	PPV				
Influenza	Influenza (yearly)				
Hepatitis A	HepA Series				
Hepatitis B	HepB Series				
Inactivated Poliovirus	IPV Series				
Measles, Mumps, Rubella	MMR Series				
Varicella	Varicella Series				

### Counseling: children ages 0-18 years

As your child grows, talk to their doctor about:

- |  |   |  |  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>Development</li> <li>Nutrition and eating disorders</li> <li>Physical activity</li> </ul> | <ul style="list-style-type: none"> <li>Dental and oral health</li> <li>Safety</li> <li>Tobacco use</li> </ul> | <ul style="list-style-type: none"> <li>Alcohol and drug abuse</li> <li>Child abuse</li> <li>Sexuality</li> </ul> | <ul style="list-style-type: none"> <li>Sexually transmitted diseases</li> <li>Birth control</li> </ul> |
|--|---|--|--|

\*SOURCE: Centers for Disease Control and Prevention, Recommended immunization for persons aged 0-18 years – United States, 2008, MMWR 2007;56(51&52):Q1-Q4



## Preventive care guidelines: adults over age 18

## Range of recommended ages

SCREENING	Years of Age	18	25	30	35	40	45	50	55	60	65	70	75
Blood Pressure, Height, and Weight		At each preventive visit											
Obesity		At each preventive visit											
Cholesterol													
Cervical Cancer Screening		Annually beginning at age 18 or age of sexual activity, and every three years after three consecutive normal tests											
Chlamydia/Gonorrhea													
Mammography													
Colorectal Cancer*													
Osteoporosis													Routinely
Alcohol Use, Depression		At each preventive visit											
Vision, Hearing													Periodically

## IMMUNIZATION

Tetanus-Diphtheria (Td/Tdap)		Every 10 years											
Varicella (VZV)		Susceptibles only-two doses											
Measles, Mumps, Rubella (MMR)		All with lack of immunity											
Pneumococcal													One dose
Influenza													Yearly
Hepatitis B/Hepatitis A		Persons at risk											
Meningococcal		For certain high-risk groups**											
Human Papillomavirus		3 doses 0,2,6 mo											
Zoster													One dose

## COUNSELING

Calcium Intake		Women: Periodically											
Folic Acid		Women of childbearing age											
Breastfeeding		Women after childbirth											
Tobacco cessation, drug and alcohol use, STDs and HIV, nutrition, physical activity, sun exposure, oral health, injury prevention, and polypharmacy		Periodically											

## Upper age limits should be individualized for each patient

\*See [www.preventiveservices.ahrq.gov](http://www.preventiveservices.ahrq.gov) for U.S. Preventive Services Task Force recommendations on colorectal cancer screening and other clinical preventive services.

\*\*High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function if they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.

Individual health plans vary in preventive coverage. Generally, your plan should cover immunizations recommended by the Advisory Committee on Immunization Practices (ACIP) and published by the Centers for Disease Control and Prevention. For complete immunization guidelines, visit [www.cdc.gov/nip](http://www.cdc.gov/nip).



UnitedHealthcare has adopted preventive care guidelines based on the recommendations of the U.S. Preventive Services Task Force (USPSTF). Benefit coverage for individual health services often includes age ranges or frequency of service that are more liberal than those adopted by USPSTF. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Please direct questions to your personal physician. The tables on the preceding pages are only summaries.

Insurance coverage provided by or through United HealthCare Insurance Company or its affiliates. Administrative services provided by United HealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates. Health Plan coverage provided by or through a UnitedHealthcare company.

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