

Teens & Adults		Teens: 11 - 18 years							Adults: 19 - 65+ years													
		11	12	13	14	15	16	17	18	19	20	21-25	30	35	40	45	50	55	60	65+		
	Physical Exam - Height, Weight, Blood Pressure and Skin Cancer Screen	Every 1 - 2 years																				
	Blood Pressure	Regularly, as recommended by your doctor																				
	Self Breast Exam																				Monthly	
Tel/Screen	Cholesterol Routine Screening	•																			Every 1 - 5 years	
	Diabetes Screening ¹																				Annually	
	Women – Mammogram ⁵																				Every 1-2 years, ages 40-74	
	Women – Pelvic Exam/Pap Test																				Every 3 - 5 years, as recommended by your doctor	
	Colon Cancer Screening ²																					
	• Stool Occult Blood																					Annually
	• Sigmoidoscopy																					Every 5 years
	• Colonoscopy																					Every 10 years
	Thyroid Stimulating Hormone (TSH)																					Age 65
	Immunizations	Diphtheria, Tetanus (Td/Tdap) ³	Tdap																			Every 10 years
Meningococcal (MenACWY)		MenACWY					Booster															
HPV Females 4 and Males ⁴		HPV*										HPV (3 doses) (if not received as a child)										
Pneumococcal (PCV13 and PPSV23)																						1 dose
Shingles																						2 doses
Influenza																						Annually

These guidelines are based on recommendations from the following: U.S. Preventive Services Task Force, American Cancer Society, U.S. Centers for Disease Control, American Academy of Pediatrics, American Academy of Family Physicians and the American College of Obstetricians and Gynecologists, 2010.

1 For higher-risk individuals (those with high blood pressure, elevated cholesterol, coronary artery disease or who are obese/overweight, an earlier cholesterol screening may be necessary between the age of 9-11).

2 For those with family history of colorectal cancer, screening should begin by age 40.

3 Substitute one-time dose of Tdap for Td booster. Boost with Td every 10 years.

4 A complete series consists of three doses. The second dose two months after first, the third six months after first, if you did not receive the 3-shot series as a child. *2-3 doses depending on age of first dose. If receiving as an adult male, three doses should be administered between the ages of 19-21.

5 Screening for breast cancer by mammography in average-risk women no earlier than 40 and no later than 50. Screening mammography should occur at least biennially and as frequently as annually.

Pregnancy - Prenatal/Postpartum Resources		Contact our RN Care Managers at 816-395-2060 .	
First Visit	Prior to 14 weeks		
Prenatal Visits	Monthly visits, 4 - 28 weeks	One visit every two weeks, 28-36 weeks	Weekly visits after 36 weeks, until delivery
Postpartum Visits	Within 6 weeks from giving birth		

For more information on prevention and wellness, visit our website at BlueKC.com.