PREVENTIVE

An ounce of prevention leads to a lifetime of good health.

From immunizations and routine check-ups to certain tests and screenings, routine preventive care is important. These charts reflect the preventive care guidelines supported by the medical community and Blue Cross and Blue Shield of Kansas City (Blue KC). Please note the guidelines set forth by the Centers for Disease Control and Prevention are updated periodically. Refer to cdc.gov/vaccines to access the most up to date immunization schedules.

COVID-19 Vaccine – Immunization Schedule										
COVID-19 Vaccine – Primary Series										
Age 6 months-4 years:	2-dose series at 0, 4-8 weeks (Moderna) or 3-dose series at 0, 3-8, 11-16 weeks (Pfizer-BioNTech)									
Age 5–11 years:	2-dose series at 0, 4-8 weeks (Moderna) or 2-dose series at 0, 3-8 weeks (Pfizer-BioNTech)									
Age 12–64 years:	2-dose series at 0, 4-8 weeks (Moderna) or 2-dose series at 0, 3-8 weeks (Novavax, Pfizer-BioNTech)									
Age >65 years:	2-dose series at 0, 4-8 weeks (Moderna) or 2-dose series at 0, 3-8 weeks (Novavax, Pfizer-BioNTech) People aged 65 years and older may get one additional dose of COVID-19 vaccine, four or more months after the first updated COVID-19 vaccine.									

People who are moderately or severely immunocompromised may get one additional dose of updated COVID-19 vaccine, two or more months after the last updated COVID-19 vaccine. Talk to your healthcare provider about additional updated doses.

COVID-19 Vaccine - Booster Dose

For booster dose recommendations see www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html

Babies & Children			Babies: Birth - 24 months										Children: 3 - 10 years							
		Birth	1	2	4	6	9	12	15	18	24	3	4	5	6	7	8	9	10	
"	Well Child Exam		•	•	•			•	•	•	•			- 1	Every 1 - 2 years					
Tests / Exams	Lead Risk Assessment/Testing ¹							•			•									
Tests ,	Blood Pressure											Regularly, as recommended by child's doctor								
	Anemia Screening						commen													
	Hepatitis B (HepB)	HepB #1	He	pB#2	Hep B#3, one time as recommended by child's doc		ctor													
	Rotavirus (RV)			•	•	•														
S	Diphtheria, Tetanus, Pertussis (DTaP)			DTaP	DTaP	DTaP			DTaP			DTaP								
Immunizations	Haemophilus Influenza (Hib) ²			•	•	•			Hib											
lummul	Pneumococcal Conjugate (PCV13)			•	•	•			PCV13											
	Polio (IPV)			•	•		IPV							IPV						
	Measles, Mumps, Rubella (MMR)								MMR				MMR							
	Chicken Pox (Var)							Var					Var							
	Hepatitis A (HepA) ³							НерА												
	Influenza					Annually (IIV only)						Annually (IIV or LAIV)								

¹ Lead exposure risk assessment starting at 6 months. Blood Lead levels at 12 months and 24 months. Certain geographic regions may pose a greater risk to your child. Talk to your doctor to determine if additional testing is appropriate for your child through age 6.

² Some vaccine series require only 3 doses.

³ Administer two doses at least six months apart. Children not fully vaccinated by age two years can be vaccinated at subsequent visits. Hepatitis A is recommended for older children who live in areas where vaccination programs target older children, who are at increased risk for infection, or for whom immunity against Hepatitis A is desired.

Teens & Adults		Teens: 11 - 18 years								Adults: 19 - 65+ years											
ICC	100113 & AdditS		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						Reg	jularl	y, as re	ecomn	nended by y	our do	ctor								
	Self Breast Exam													N	∕lonth	ly					
	Cholesterol Routine Screening	•	Every 1 - 5 years																		
	Diabetes Screening ¹											Annually									
	Women – Mammogram⁵											Every 1-2 years, ages 40-74									
TeEkams	Women – Pelvic Exam/Pap Test										Every 3 - 5 years, as recommended by your doctor										
<u> </u>	Colon Cancer Screening ²																				
	Stool Occult Blood													Annually							
	Sigmoidoscopy												Every 5 years								
	Colonoscopy											Every 10 years									
	Thyroid Stimulating Hormone (TSH)																			Age 65	
	Diphtheria, Tetanus (Td/ Tdap) ³	Tdap								Every 10 years											
rations	Meningococcal (MenACWY)	Men	ACWY				Booster														
Immunizations	HPV Females 4 and Males 4	HF	⊃V*							HPV (3 doses) (if not received as a child)											
	Pneumococcal (PCV13 and PPSV23)																			1 dose	
	Shingles										2 doses							3			
	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.

- 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.

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/Post	partum Resources	Contact our RN Care Managers at 816-395-2060 .							
First Visit	Prior to 14 weeks	oonaas aa maa oo managa a a oo							
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**.

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).

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.