

# PREVENTIVE CARE

## Quick Reference Guide



The Blue Cross and Blue Shield Service Benefit Plan covers many in-network preventive services at no out-of-pocket cost to you. This guide lists some of the recommended preventive care guidelines for children and adults. However, this is not a complete list.

*For complete details on covered preventive services available to members, please see the Blue Cross and Blue Shield Service Benefit Plan's Federal brochures (Basic Option and Standard Option: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the brochure.*

## Screenings

### Annual Physical

Your annual physical and regular doctor visits can help you and your doctor identify lifestyle changes you can make to avoid certain health conditions. Preventive services include a physical exam, risk assessments and preventive screenings.

### Well-child Visits

Well-child visits are routine doctor visits for kids and teens. Preventive services include a physical exam and measurements, vision and hearing screening, and oral health risk assessments.

### Tobacco Use

Smoking is the most preventable cause of death and disease in the U.S. It can lead to many chronic conditions, such as lung cancer. Quitting smoking is hard, but the sooner you do, the sooner your body can start to heal. There's a wide range of programs and tobacco cessation drugs that can help you quit. To learn about our Tobacco Cessation Incentive Program, visit [fepblue.org/tobacco](https://fepblue.org/tobacco).

### Cervical Cancer

Cervical cancer is a preventable type of cancer caused by the human papillomavirus (HPV). Women and individuals assigned female at birth (AFAB) can reduce their risk by screening for HPV. There is also a vaccine that protects young adults from HPV infection.

### Mammogram

This screening for breast cancer can show changes in the breast before you or a physician can feel them. Early cancer detection helps prevent the need for extensive treatment. Mammograms are most beneficial for women and individuals AFAB ages 50 through 75. If you're under 50 and at risk for breast cancer, discuss screening with your doctor.

### Blood Pressure

High blood pressure occurs when the force of blood against your artery walls is too high. If your blood pressure numbers are uncontrolled, this can lead to heart disease, stroke and kidney failure. Know your numbers—get your blood pressure checked regularly. You can learn about our Hypertension Management Program at [fepblue.org/highbloodpressure](https://fepblue.org/highbloodpressure).

### Cholesterol

If you have too much cholesterol, it can build up inside your blood vessels and make it harder for blood to flow through them. Over time, this can lead to a heart attack or stroke. You should have your cholesterol checked every five years.

### Diabetes

People with diabetes have too much glucose (sugar) in their blood. If not controlled, it can cause serious health problems. You're at risk for Type 2 diabetes if you're overweight or over 45 and have high blood pressure or cholesterol. There's currently no cure for diabetes, but you can control it. To learn about our Diabetes Management Programs, visit [fepblue.org/diabetes](https://fepblue.org/diabetes).

### Hepatitis C

Hepatitis C is a serious liver disease caused by the hepatitis C virus in blood. Many people who have hepatitis C live for years without feeling sick, but the virus can still damage the liver. It's especially important for anyone born between 1945 and 1965 to get tested.

### Colon Cancer

Colon cancer is one of the leading causes of cancer death, but early diagnosis can lead to a complete cure. Talk to your doctor about colon cancer screening options. The recommended age is 45 if you're at higher risk.

# Vaccines

## Flu Shot

Influenza, commonly known as the flu, is a very common viral infection that can be deadly, especially for high-risk groups. An annual flu shot is the best way to reduce your chances of getting and spreading the flu.

## COVID-19 and Boosters

Vaccines are our most powerful tool to stop the spread of COVID-19. As with many childhood vaccines, getting multiple doses is crucial to ensure maximum protection. Check [cdc.gov](https://www.cdc.gov) for the latest guidance.

## Chickenpox

Chickenpox is a very contagious and itchy rash caused by the varicella-zoster virus. The chickenpox vaccine is about 98% effective, and getting the vaccine is much safer than getting the chickenpox disease.

## Tetanus, Diphtheria, Pertussis (Tdap)

Tetanus, diphtheria and pertussis are very serious diseases. The Tdap vaccine can protect children and adults from getting these diseases and is especially important for health care professionals, pregnant individuals and anyone who has close contact with a baby younger than 12 months.

## HPV

The human papillomavirus (HPV) is a common infection that can cause genital tract cancers in individuals. The CDC recommends the HPV vaccine for young adults.

## Meningitis (Meningococcal)

There are meningococcal vaccines that help provide protection against five types of meningococcal diseases, including the three most common in the U.S. Young adults should receive the meningitis vaccine.

## Shingles (Herpes Zoster)

Shingles is a painful skin rash that develops on one side of the face or body. The same virus that causes chickenpox causes shingles. The vaccine is recommended for anyone 60 years of age or older. Adults 50 through 59 years of age can also receive the vaccine but should discuss the risks and benefits with their doctor.

## Measles, Mumps, Rubella (MMR)

The MMR vaccine is the best way to protect your child from measles, mumps and rubella and prevent them from spreading the diseases to others. Your child should receive two doses of MMR: the first dose at 12 to 15 months of age and the second at 4 through 6 years of age.

## Pneumococcal

There are currently two types of pneumococcal vaccines that provide protection against illnesses like meningitis (brain and spinal cord infection), bacteremia (blood infection) and pneumonia (lung infection). Children younger than 5 and adults 65 or older should receive this vaccine.

## Hepatitis A

The hepatitis A vaccine helps prevent liver disease caused by the hepatitis A virus. A person who consumes fecal matter through contaminated water, food or objects may become infected and contagious with hepatitis A.

## Hepatitis B

The hepatitis B vaccine helps prevent liver disease caused by the hepatitis B virus. People exposed to hepatitis B through infected blood or bodily fluids generally develop a short illness but may develop a chronic liver condition.



**Call our Nurse Line at 1-888-258-3432 to learn more about recommended preventive services**

This guide is not intended to replace the advice of your doctor or any other health care provider. You should discuss any potential preventive services with your primary care physician.



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*This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochure: RI 71-005. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.*

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