

2026 general wellness guidelines to discuss with your health care provider

Adult (age 19+) wellness schedule

Be sure to review your plan benefits to determine your costs for these services

Routine health guide

Annual Wellness and Routine Checkup	Annually: Discuss related screening with your doctor.
Obesity Screening: Diet/Physical Activity/BMI Counseling	Annually.
Vision and Dental Exam (These services may not be covered by your medical benefits plan. Check your plan documents).	Annually: Discuss with your doctor.

Recommended diagnostic checkups and screenings for at-risk patients

Abdominal Aortic Aneurysm (AAA) Check	One-time screening for ages 65 to 75 who have ever smoked or have a family history of AAA.
Bone Mineral Density Screening and prescribed medication for Osteoporosis	Women beginning at age 65 or older; and in younger women who have an increased risk.
Cholesterol Screening	Age 35+; Age 20 – 35 at risk Annually: All Men; Age 45+; Age 20 – 45 at risk Annually: All Women.
Colorectal Cancer Screening and Counseling	Age 45 – 75; Method (colonoscopy, sigmoidoscopy, or fecal occult blood test) and frequency based on risk factors and physician recommendation.
Mammogram	Women should have a baseline mammogram age 35 – 40. Thereafter, every two years age 40-50; every year age 50+. At any age if recommended by physician based on risk factors.
Pap Test/Pelvic Exam	Women age 21 – 29 should have a Pap Test every 3 years. Women age 30 – 65 should have a Pap Test alone every 3 years or combined with HPV testing every 5 years. Women ages 65+ should discuss with their doctor.
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	As indicated by history and/or symptoms. Discuss with your doctor behavioral risks.
Lung Cancer Screening and Counseling	Ages 50 – 80; 20 pack smoker history, current smoker/quit within past 15 years.
Prostate Cancer Screening	Discuss with your doctor.
Skin Cancer Screening	Discuss with your doctor.

Live a healthy lifestyle

- Get your annual wellness exam to review your overall health and keep follow-up visits with your doctor.
- Find out if you are at risk for health conditions such as diabetes, high cholesterol, and high blood pressure.
- Get your vaccines, preventive screenings, and labs.
- Human Papillomavirus (HPV) vaccine 3-dose series is recommended for men and women ages 19 through 26 years if not previously vaccinated prior to age 13.
- Talk with your doctor about the medications and over-the-counter/vitamins you are taking to reduce side effects and interactions.
- Get a flu vaccine every year to prevent illness and related hospitalizations.

CDC recommends COVID-19 vaccination based on shared clinical decision-making between individuals and their clinicians, considering the risks and benefits of the vaccine.

Sources: These guidelines are recommendations from the following organizations and were not developed by Truli for Health. www.ahrq.gov, www.cdc.gov

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Guidance

Screen/Counseling: Depression, Anxiety, Obesity, Tobacco, Alcohol, Substance Abuse, and Pregnancy	Every visit, or as indicated by your doctor.
Fall Risk/Unintentional Injury/Domestic Violence Prevention/Seat Belt Use	Discuss exercise and home safety with your doctor.
Medication List (including over-the-counter and vitamins) for potential interactions	Every visit, or as indicated by your doctor.
Advance Directives/Living Will	Annually.

Immunizations* (routine recommendations)

Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Tdap vaccine once, then a Td booster every 10 years.
Flu (Influenza), and RSV	Flu (Ages 19+) – annually during flu season; RSV – for pregnant persons at 32 – 36 weeks; RSV – (Ages 50 – 74) – single dose based on risk factors and physician recommendation, RSV – (Age 75+) – single dose recommended by CDC.
Pneumococcal	Ages 19 – 64: if risk factors are present; Ages 65+: 1 – 2 doses (per CDC); Ages 50+: 1 dose (Florida Blue Benefits.)
Shingles (Zoster)	Ages 50+: 2 doses Shingrix.
Haemophilus Influenzae Type b (HIB), Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if risk factors are present.
Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR), Varicella (Chickenpox), and Hepatitis C (HCV) Infection Screening	Physician recommendation based on past immunization or medical history.
COVID-19	Based on shared clinical decision making between individuals and their clinicians.

* Some immunizations are contraindicated for certain conditions, discuss with your doctor

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Go to [FloridaBlueCenters.com](https://www.FloridaBlueCenters.com) for locations or call 1-877-352-5830

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Children and adolescents (birth – 18 years of age) wellness schedule

Routine health guide

Wellness Exam and Autism/Development Behavioral Assessment	Newborn up to age 3: Frequent Wellness Checkups; Age 3 – 18: Annual Wellness Checkup.
Body Mass Index (BMI): Height and Weight	Every visit, BMI beginning at age 2.
Blood Pressure	Annually, beginning at age 3.
Hearing/Dental/Vision Screenings (These services may not be covered by your medical benefits plan. Check your plan documents.)	Hearing: Newborn then annually beginning at Age 4; Dental: Regularly, beginning at age 1; Vision: Annually, beginning at age 3.

Recommended screenings for at-risk patients

Cholesterol Screening	Annually, beginning at age 2.
Lead test, TB, Sickle Cell, and Blood Sugar	As indicated by history and/or symptoms.
HIV and other Sexually Transmitted Infections (STIs) Screening and Counseling	Discuss with your doctor based on behavioral risks.
Skin Cancer Screening	Discuss with your doctor.

Guidance

Injury/Violence Prevention	Annually, more often if indicated by your doctor.
Diet/Physical Activity/Emotional Well-Being Counseling	Every visit.
Tobacco/Alcohol/Substance Abuse/Depression/Pregnancy Screening and Counseling	Every visit starting at age 11, earlier if indicated by your doctor.

Are your children up-to-date with vaccinations?

Getting the recommended sequence of vaccinations is always a good idea to protect your child from illnesses from birth to 18 years of age. Most of these vaccinations require additional doses or boosters over time. As children grow up to become teenagers, they may come in contact with different diseases. Here are vaccines that can help protect your preteen or teen from these other illnesses and infections:

Tdap vaccine

Age 11 or 12. Protects against tetanus (lock jaw), diphtheria, and acellular pertussis (whooping cough). This is a booster shot of the same vaccine given during early childhood.

Meningococcal vaccine

(MCV4) Two doses beginning at 11 or 12 years, with a booster dose at age 16.
(MenB) Two doses beginning at ages 16 – 18. Protects against meningitis, sepsis (a blood infection), and other meningococcal diseases. Children with higher risk factors may need additional doses.

Human papillomavirus

(HPV) Vaccine two or three doses over six months, beginning at ages 11 – 12. (Two doses if started before 15th birthday or three if started on or after 15). Protects boys and girls against HPV, which can lead to cancers and genital warts.

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Immunizations*	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	2 – 6 years	11 – 12 years	13 – 14 years	15 years	16 – 18 years
Hepatitis A						2 dose series, 12 – 23 months								
Hepatitis B	1st dose	2nd dose			3rd dose									
Diphtheria, Tetanus, Pertussis (DTaP)			1st dose	2nd dose	3rd dose		4th dose			5th dose				
Tetanus, Diphtheria, Pertussis (Tdap)											1st dose			
Haemophilus Influenzae Type b (Hib)			1st dose	2nd dose	3rd or 4th dose**									
Inactivated Poliovirus			1st dose	2nd dose	3rd dose					4th dose				
Measles, Mumps, Rubella (MMR)***						1st dose				2nd dose				
Varicela						1st dose				2nd dose				
Pneumococcal			1st dose	2nd dose	3rd dose	4th dose								
Flu (Influenza)					6 months through 8 years 1 or 2 doses; 9 years and older 1 dose only									
Rotavirus			1st dose	2nd dose	3rd dose**									
Meningococcal											1st dose			Booster
Human Papillomavirus (HPV)											3 dose series			
Covid 19					6 months and older per AAP recommendations									

Flu Vaccine

Every year after six months of age. Protects individuals from getting the influenza virus.

Respiratory Syncytial Virus (RSV) Injection

Respiratory syncytial virus (RSV) is the leading cause of hospitalization among U.S. infants. The CDC recommends for all infants aged <8 months born during or entering their first RSV season who are not protected by maternal vaccination receive one dose of nirsevimab or clesrovimab.

COVID-19 Vaccine

The American Academy of Pediatrics (AAP) recommends COVID-19 vaccination for various groups. Children 6–23 months should complete their initial series, while those under 2 years who completed their series should receive a single dose. Moderately or severely immunocompromised children 6 months–18 years should receive two or more doses. A single dose is also recommended for high-risk children and adolescents 2–18 years, and is available upon parental request for protection against COVID-19.

Keep your teens safe from preventable, painful, and life-threatening diseases by staying in touch with your pediatrician's office or health clinic. Be sure to verify your benefits for preventive services.

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Health coverage is offered by Truli for Health, an affiliate of Florida Blue. These companies are independent licensees of the Blue Cross and Blue Shield Association.

* These are routine immunizations based upon cdc.gov recommendations. Range of recommended ages for catch-up or certain high-risk groups is at the doctor's discretion based on the member's family history and personal risk factors.

** Dosages determined by doctor with the type of brand vaccine used.

*** Those in an outbreak area, aged ≥12 months who previously received ≤ 2 doses should receive a dose of mumps-virus containing vaccine.