

Prevention of Obesity

The obesity epidemic places individuals at risk for a number of chronic and debilitating diseases. We are working with physicians, policymakers, The Children's Health Fund and representatives from the private sector to address the childhood obesity crisis and to create solutions to obesity-related problems. As part of our prevention of obesity initiative, the following benefits have been added to our Preventive Schedule.

Schedule for Children

Children with a body mass index (BMI) in the 95th percentile are eligible for:

- Two additional annual preventive office visits specifically for obesity
- Two annual nutritional counseling visits specifically for obesity
- One set of recommended laboratory studies:
 - Lipid profile
A lipid panel measures lipids—fats and fatlike substances used as a source of fuel in your body. The panel measures levels of:
 - Total cholesterol.
 - Triglycerides.
 - High-density lipoprotein (HDL).
 - Low-density lipoprotein (LDL).
 - Hemoglobin A1c
This is a blood test that measures the amount of sugar (glucose) bound to hemoglobin. Normally, only a small percentage of hemoglobin in the blood (4% to 6%) has glucose bound to it. However, people with diabetes (or other conditions that increase their blood glucose levels) have a higher percentage than normal.
 - Aspartate Aminotransferase (AST)
 - AST is used to assess liver function.
 - Alanine Aminotransferase (ALT)
 - ALT is used to assess liver function.
 - Fasting glucose (FBS)
 - This is a measurement of blood glucose taken after you have not eaten for 12 to 14 hours. It is a common test done to screen for diabetes.

Children with a BMI in the 85th percentile are eligible for:

- One additional annual preventive office visit specifically for obesity and blood pressure measurement.

Schedule for Adults (age 19+)

Adults with a BMI over 30 are eligible for:

- Two additional annual preventive office visits specifically for obesity and blood pressure measurement
- Two annual nutritional counseling visits specifically for obesity
- One set of recommended laboratory studies
 - lipid profile
 - hemoglobin A1c
 - AST
 - ALT
 - fasting glucose



HAVE A GREATER HAND IN YOUR HEALTHSM

Save this 2007 Preventive Schedule and save your health!



This schedule, based on recommendations from the U.S. Preventive Services Task Force, the Centers for Disease Control and Prevention and the American College of Obstetricians and Gynecologists, is a reference tool for planning your family's preventive care with your doctor. Your specific needs may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at an increased risk for a condition. If you have questions about your coverage, please call the toll-free Member Service number on your identification card.

Adult (age 19+) Preventive Schedule

General Health Care	
Physical Exams/Health Guidance	Annually.
Blood Pressure Screening	At each office visit. Minimum of once every two years. Annually, if diastolic > 85 mmHg or systolic > 130 mmHg.
Pelvic Exam	Annually.
Breast Exam by Practitioner	Annually.
Diagnostic Screenings	
Lipid Panel	Routine screening every 5 years beginning at age 20. More frequent testing of those at risk for cardiovascular disease.
Fasting Blood Glucose	For high-risk patients, screenings should start at age 45 at three-year intervals.
Mammogram	Every 1 to 2 years starting at age 40 or as recommended by doctor.*
Pap Test	Test every 1-3 years based on history. *
Chlamydia Screening	Annually for all sexually active women 25 years and younger, or older for those at high-risk.
Other Sexually Transmitted Disease (STD) Screenings	All sexually active males and females, as recommended by your doctor.
Bone Mineral Density Screening	Once every 2 years: All women 65 years and older. Or, younger post-menopausal women who have had a fracture or have one or more risk factors for osteoporosis.
Prostate Cancer Screening	Discussion of risks/benefits of prostate cancer screening. Testing may include annual Prostate Specific Antigen (PSA) and/or digital rectal exam.
Colorectal Cancer Screening	All: beginning at age 50 annual screening with fecal occult blood test (FOBT), or screening with flexible sigmoidoscopy** every 5 years with or without annual FOBT, or double contrast barium enema every 5 years or colonoscopy every 10 years. High-risk: Earlier or more frequently as recommended by your doctor.
Abdominal Aortic Aneurysm Screening	One exam for men between age 65 and 75 who have ever smoked.
Immunizations	
Diphtheria, Tetanus (Td)	Booster every 10 years for all adults.
Measles/Mumps/Rubella (MMR) Vaccine	As recommended by your doctor. High risk: 2 doses.
Pneumococcal Vaccine	High-risk or at age 65: One dose per lifetime with an additional one-time revaccination as recommended by doctor.
Influenza Vaccine	High-risk: Annually between ages 19-49. All others: Annually beginning at age 50.
Chicken Pox Vaccine	One series of two doses at least one month apart for adults with no history of chicken pox.
Hepatitis A Series	High-risk: One two-dose series.
Hepatitis B Series	High-risk: One three-dose series.
Meningococcal Vaccine	High-risk: One dose per lifetime.
HPV	For females age 19-26 who have not been vaccinated previously, one three dose series. Dose 2 at 2 months from Dose 1. Dose 3 at 6 months from Dose 2.

*Complies with PA state mandated benefits.

**Medicare covers one sigmoidoscopy every four years.

Schedule for Children

As a parent, you want to keep your child healthy and happy. We have the same goals. That's why we put together this preventive health schedule for children.

This schedule was developed based on recommendations from the U.S. Preventive Services Task Force, the American Academy of Pediatrics, the American

Academy of Family Physicians and the Centers for Disease Control and Prevention, are designed to help you and your child's doctor develop a plan for

preventive health care for your child. If you have questions, talk to your child's doctor. For questions regarding benefits, contact Member Service.

	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	2 years	3 years	4 years	5 years	6 years	7 years	8 years	9 years	10 years	11 years	12 years	15 years	18 years	
Wellness exam ¹	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Every year from ages 11 through 18				
Blood Pressure											✓	✓	✓	✓	✓	✓	✓	✓	Every year from ages 11 through 18				
Visual Screening ^{2, 3}											✓	✓	✓	✓		✓					✓	✓	
Hearing Screening ²	✓											✓	✓	✓		✓					✓	✓	
DIAGNOSTIC SCREENINGS																							
Hereditary Metabolic Screening	— ✓ —																						
Lead Screening						✓															Or, when indicated (Please also refer to your state specific recommendations.)		
Hematocrit or Hemoglobin																					Annually for females during adolescence and when indicated		
Urinalysis													✓										
IMMUNIZATIONS ⁴ (includes PA state mandated benefits)																							
Hepatitis A series ⁵							Dose 1		Dose 2														
Hepatitis B series ⁵	Dose 1		Dose 2				Dose 3 (6 to 18 months)																
Diphtheria/tetanus/pertussis (DTaP) ⁶			Dose 1	Dose 2	Dose 3			Dose 4 (15 to 18 months)					Dose 5 (4 to 6 years)							Recommended Tdap at 11-18 yrs. old if five or more years have passed since the child's last dose of DTP, DTaP or Td			
H. Influenzae Type B (Hib) series			Dose 1	Dose 2	Dose 3 ⁶		Dose 4 (12 to 15 months)																
Polio series (IPV) ⁶			Dose 1	Dose 2		Dose 3 (6 to 18 months)					Dose 4 (4 to 6 years)												
Pneumococcal conjugate (PCV) ^{6, 7}			Dose 1	Dose 2	Dose 3		Dose 4 (12 to 15 months)																
Measles/Mumps/Rubella (MMR) ⁵							Dose 1 (12 to 15 months)			The second dose of MMR is routinely recommended at 4 to 6 years, but may be administered during any visit, provided at least one month has elapsed since receipt of the first dose and that both doses are administered at or after age 12 months													
Chicken Pox Vaccine ⁵							Dose 1					Dose 2		Children not receiving the vaccine prior to 18 months can receive the vaccine at any time. Children 13 years or older who haven't been vaccinated and haven't had chicken pox should receive two doses of the vaccine at least 4 weeks apart									
Influenza Vaccine ⁵							Annually for all children 6 months - 5 years										Annually, for all high-risk children						
Meningococcal																					One dose per lifetime		
Rotavirus			Dose 1	Dose 2	Dose 3																		
HPV																					One three dose series for females between 9 and 18 years old. Dose 2 at 2 months from Dose 1. Dose 3 at 6 months from Dose 2.		
CARE FOR PATIENTS WITH RISK FACTORS																							
Tuberculin test																					Testing should be done upon recognition of high-risk factors. Frequency should be determined by community and personal risk factors		
Cholesterol Screening																					Screening will be done at the doctor's discretion, based on the child's family history and risk factors		
Chlamydia and Other STD screening ⁸																					As recommended by your doctor.		
Pelvic Exam and Pap Test ^{9, 10}																					As recommended by your doctor.		

1- This includes, at appropriate ages, height and weight measurement, developmental and behavioral assessment, and other care as determined by the doctor.
 2- As shown and when conditions indicate.
 If patient is uncooperative, rescreen within six months.
 3- Optometric exams require an optional vision benefit

4-Additional immunizations and expanded age ranges may be eligible based on the PA State mandate for childhood immunizations.
 5- Children can get this vaccine at any age if not previously vaccinated.
 6- Or other series/schedule as recommended by the doctor.

7- Previously unvaccinated older infants and children who are beyond the age of the routine infant schedule should follow the dosing guidelines recommended by their doctor.
 8- Routine screening for all sexually active females and males.
 9- Strongly recommended for females who have been sexually active.
 10- Pap tests should begin approximately 3 years after onset of sexual activity.