

# Health Net's Preventive Screening Guidelines

**GUIDELINES FOR CHILDREN AND ADULTS**





*Use this guide to help remind you to schedule well-care visits with your family doctor. Always seek and follow the care and advice of your doctor. Updates and changes often occur with guidelines.*

*This information is not medical advice and does not describe coverage. Please check your plan benefit language for coverage, limits and exclusions.*

### To help you stay healthy

For more information or detailed guidelines, visit **[www.healthnet.com](http://www.healthnet.com) (Group)** or **[www.myhealthnetca.com](http://www.myhealthnetca.com) (Individual & Family Plan)** or call the number on the back of your Health Net Member ID card.



## Advised vaccines (shots)

Schedule for persons aged 0 through 6 years<sup>1,2</sup>

Vaccine	At birth	Age (in months)									Age (in years)						
		1	2	4	6	9	12	15	18	19-23	2-3	4	5	6			
Respiratory Syncytial Virus (RSV)		<ul style="list-style-type: none"> <li>One dose (birth through 7 months) depending on maternal RSV vaccination status</li> <li>One dose (8 through 19 months) if high-risk or as your doctor suggests</li> </ul>															
Hepatitis B (HepB)	✓	✓	Catch up if needed	✓												Catch up if needed	
Rotavirus (RV)		<ul style="list-style-type: none"> <li>Two-dose series at 2 and 4 months (Rotarix®)</li> <li>Three-dose series at 2, 4, and 6 months (RotaTeq®)</li> </ul>															
Diphtheria, Tetanus, Pertussis (DTaP)		✓	✓	✓	Catch up if needed			✓	Catch up if needed			✓					
Haemophilus Influenzae type b (Hib)		✓	✓	✓	Catch up if needed	✓		Catch up if needed				High-risk groups					
Pneumococcal		✓	✓	✓	Catch up if needed	✓		Catch up if needed				High-risk groups					
Inactivated Poliovirus (IPV)		✓	✓	✓					Catch up if needed			✓					
Influenza (flu)				Two flu shots before the age of 2						Yearly (one or two doses), as your doctor suggests							
COVID-19				Anyone 6 months and older, and as your doctor suggests													
Measles, Mumps, Rubella (MMR)				Talk to your doctor if traveling internationally			✓	Catch up if needed			✓						
Varicella (VAR)						✓				✓							
Hepatitis A (HepA)				Talk to your doctor if traveling internationally			Two doses			Catch up if needed							
Meningococcal		High-risk groups															

**Catch up if needed:** If you have missed your shot(s) you can talk to your doctor about when or how to get this shot.

**High-risk groups:** If you or your child have a medical condition check with your doctor first before you get any shots.

They will give you advice and guidance on what is best.

**Influenza (flu):** The first flu series requires two shots.

**Measles, Mumps, Rubella (MMR):** Infants aged 6-11 months: 1 dose before departure; revaccinate with 2-dose series at age 12-15 months (12 months for children in high-risk areas) and dose 2 as early as 4 weeks later.



## Advised vaccines (shots)

Schedule for persons aged 7 through 18 years<sup>1,2</sup>

Vaccine	Age (in years)		
	7–10	11–12	13–18
Tetanus, Diphtheria, Pertussis (Tdap)	Catch up if needed	One dose	Catch up if needed If there is a wound or injury, talk to your doctor
Human Papillomavirus (HPV)	Two doses can start at age 9, suggested for ages 11–12 years		Catch up if needed
Influenza (flu)	Yearly (one or two doses), as your doctor suggests	Yearly (one dose) ages 9 years and older	
COVID-19	Anyone 7 years and older, and as your doctor suggests		
Pneumococcal	High-risk groups		
Hepatitis A (HepA)	Catch up if needed		
Hepatitis B (HepB)	Catch up if needed		
Inactivated Poliovirus (IPV)	Catch up if needed		
Measles, Mumps, Rubella (MMR)	Catch up if needed		
Varicella (VAR)	Catch up if needed		
Haemophilus Influenzae type b (Hib)	High-risk groups		
Meningococcal ACWY	High-risk groups	One dose	A booster is needed at age 16 years Catch up if needed
Meningococcal B	As your doctor suggests		



## Advised screenings (tests)

Schedule for persons aged 0 through 18 years<sup>1,2,3</sup>

Screening	Age (in months)						Age (in years)						
	Birth–6	9	12	15	18	19–36	3–10	11–12	13–18				
Routine health exam	At birth, 3–5 days, and at 1, 2, 4, and 6 months	Every 3 months				Every 6 months	Every year						
Anxiety screening								Children and teens aged 8–18 years: Suggest screening for anxiety					
Depression screening									✓				
Lead testing	Test at 12 months and 24 months or as your doctor suggests												
Dental visit			Every 6–12 months (first visit starting between first tooth and age 1) or as your dentist suggests										

**Catch up if needed:** If you have missed your shot(s) you can talk to your doctor about when or how to get this shot.

**High-risk groups:** If you or your child have a medical condition check with your doctor first before you get any shots. They will give you advice and guidance on what is best.

**Influenza (flu):** The first flu series requires two shots.

**Depression Screening:** Teens aged 12–18 years: Suggest screening for major depressive disorder (MDD)



## Advised screenings (tests)

Schedule for persons aged 0 through 18 years<sup>1,2,3</sup>

Screening	Age (in months)						Age (in years)				
	Birth–6	9	12	15	18	19–36	3–10	11–12	13–18		
Dental fluoride varnish							Every 6 months, starting at 12 months through 18 years As your doctor or dentist suggests				
Blood test	Once between 0–2 months	Check at 4 and 12 months, and during routine health exam if high-risk or as your doctor suggests									
Human Immunodeficiency Virus (HIV)							Starting at age 15				
Body mass index (BMI)							Starting at age 2, check BMI during routine health exam				



## Advised vaccines (shots)

Schedule for adults<sup>1,2</sup>

Vaccine	Age (in years)				
	19–26	27–49	50–59	60–64	65 and over
COVID-19	Anyone 19 years and older, and as your doctor suggests				
Tetanus, Diphtheria, Pertussis (Td/Tdap)	<ul style="list-style-type: none"> <li>One dose Tdap, then boost with Td or Tdap every 10 years</li> <li>One dose Tdap each pregnancy – one dose Td/Tdap for wound care</li> <li>If there is a wound or injury, as your doctor suggests</li> </ul>				
Human Papillomavirus (HPV)	Two or three doses based on age at first vaccination or condition	If high-risk or as your doctor suggests			
Varicella (VAR)	Two doses (If born 1980 or later)		Two doses if high-risk or as your doctor suggests		
Zoster Recombinant (RZV) (for Shingles)	If high-risk or as your doctor suggests		Two doses RZV starting at age 50		
Measles, Mumps, Rubella (MMR)					One or two doses or as your doctor suggests (If born in 1957 or later)
Influenza (flu)	Every year				

(continued)

**Catch up if needed:** If you have missed your shot(s) you can talk to your doctor about when or how to get this shot.

**High-risk groups:** If you or your child have a medical condition check with your doctor first before you get any shots.

They will give you advice and guidance on what is best.

**Influenza (flu):** The first flu series requires two shots.

**Human Immunodeficiency Virus (HIV):** USPSTF recommends clinicians screen for HIV infection in ages 15–65. Younger adolescents who are at increased risk of infection should also be screened.



## Advised vaccines (shots)

Schedule for adults<sup>1,2</sup>

Vaccine	Age (in years)							
	19–26	27–49	50–59	60–64	65 and over			
Pneumococcal (PCV 15, PCV 20, PCV 21, or PPSV 23)	If high-risk or as your doctor suggests	One dose starting at age 50						
Hepatitis A (HepA)	If not fully vaccinated or if high-risk two, three, or four doses based on vaccine or as your doctor suggests							
Hepatitis B (HepB)	Two, three, or four doses based on vaccine, or as your doctor suggests		Based on condition if high-risk, or as your doctor suggests					
Haemophilus Influenzae type b (Hib)	One or three doses based on vaccine, if high-risk, or as your doctor suggests							
Meningococcal A, C, W, Y	One or two doses based on vaccine, or as your doctor suggests							
Meningococcal B	Two or three doses based on vaccine, if high-risk, or as your doctor suggests							
Mpox	Two doses if at high-risk, as your doctor suggests							
Inactivated Poliovirus	Complete a three-dose series if not completely vaccinated							
Respiratory Syncytial Virus (RSV)	If pregnant, talk to your doctor		1. 60–74 years unvaccinated at high-risk, or as your doctor suggests 2. >75 years if unvaccinated					



## Advised health screenings (tests)

Schedule for adults<sup>1,2,4</sup>

Screening	Age (in years)		
	19–39	40–64	65 and over
Routine health exam	Every year		
Blood pressure to check for high blood pressure	Every 1–2 years		
Anxiety screening	Adults 64 years or younger, including pregnant and postpartum person: USPSTF suggests screening for anxiety disorders		
Depression screening	Adults, including pregnant and postpartum persons, and older adults (65 years and older): USPSTF suggests screening for depression		
Unhealthy drug use screening	Adults 18 years and older: USPSTF suggests screening by asking questions about unhealthy drug use		
Lung cancer screening			Yearly screening in adults aged 50–80 years who have a 20 pack-year smoking history, currently smoke, or have quit within the past 15 years.
Body mass index (BMI) to check for obesity	Check during routine health exams		
Cholesterol screening to check for blood fats	<b>General guide ages 20–65 years:</b> • Younger adults every 5 years • Men ages 45–65 every 1–2 years • Women ages 55–65 every 1–2 years • As your doctor suggests		Every year



## Advised health screenings (tests)

Schedule for adults<sup>1,2,4</sup>

Service	Age (in years)				
	19–39	40–64	65 and older		
Colorectal cancer screening to check for colorectal cancer		<ul style="list-style-type: none"> <li>For ages 40–44, as your doctor suggests</li> <li>Beginning at age 45, talk to your doctor about how often and which test you should get</li> </ul>			
Dental	Every 6 months or as your dentist suggests				
Glucose screening to check for blood sugar	Check if high-risk	Every 3 years or as your doctor suggests			
Human Immunodeficiency Virus (HIV)	<ul style="list-style-type: none"> <li>Screen, repeat if high-risk or as your doctor suggests</li> <li>If pregnant, screen for HIV infection</li> </ul>				
Hepatitis B	Screen if high-risk or as your doctor suggests				
Hepatitis C	Screen 18–79 years or as your doctor suggests				
<b>Extra Screenings for Women</b>					
Pelvic exam with Pap test to check for cervical cancer	<b>For sexually active non-pregnant people:</b> <ul style="list-style-type: none"> <li>Start at age 21–29 years, screen every 3 years with PAP test</li> <li>At age 30–65, screen every 3 years with PAP or screen every 5 years with HPV or PAP/HPV or as your doctor suggests</li> </ul>		As your doctor suggests		
Mammogram to check for breast cancer	People with higher-than-average risk should talk to their doctor about when to start screening	<b>Breast cancer screening guidelines from the USPSTF recommend the following:</b> <ol style="list-style-type: none"> <li>Start breast cancer screening at age 40</li> <li>Get screening mammograms every other year from age 40 to 74</li> </ol>			
Breast exam by doctor	Every 1–3 years	Every year			
Self breast exam/Breast self-awareness to check for breast changes	Monthly				
Chlamydia or Gonorrhea screening to check for a sexually transmitted disease	<ul style="list-style-type: none"> <li>If sexually active, start screening at 24 years or younger. This includes pregnant women</li> <li>If sexually active, get screened at 25 years and older if you are at risk for infection. This includes pregnant women</li> </ul>				
Bone density test to prevent fractures	Screen women younger than 65 who have gone through menopause and are at increased risk of fracture, based on clinical risk assessment.		✓		
Intimate Partner Violence (IPV)	<b>People of reproductive age:</b> USPSTF suggests screening for intimate partner violence (IPV) in women of reproductive age and provide or refer women who screen positive to ongoing support services				
<b>Extra Screenings for Men</b>					
Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area)			Once, for men ages 65–75 who have ever smoked or have risks		

1These guidelines may change. Please speak with your doctor.

2Doctor should follow proper series and current guidelines by the Centers for Disease Control and Prevention (CDC), US Preventive Services Task Force (USPSTF), California Department of Public Health ([cdph.ca.gov](http://cdph.ca.gov)), and American Academy of Pediatrics (AAP).

3Routine health exams, counseling and education for children and adolescents may include records of the patient's height, weight and blood pressure. Exams may also include body mass index (BMI), along with vision and hearing tests. Counseling and education could include, but are not limited to:

- Contraception/family planning
- Critical congenital heart defect, heart health
- Dental health
- Developmental/behavioral exam
- Injury/violence prevention
- Mental health, e.g., depression/eating disorders
- Diet/exercise
- Sexually transmitted infections (STIs) and HIV screening
- Substance abuse, e.g., alcohol and drug abuse prevention
- To stop tobacco use
- Tuberculosis (TB) screening
- Weight management

4Routine health exams, counseling and education for adults should include the patient's height, weight, blood pressure, body mass index (BMI), vision and hearing tests, depression, and screening for alcohol or drug use. Guidelines vary based on history and risk factors. Counseling and education could include:

- Cancer screenings, e.g., lung cancer screening and BRCA risk assessment
- Contraception/prepregnancy
- Dental health
- Drug prevention/Cessation
- Family planning
- Heart health, electrocardiogram (ECG) screening
- Injury/violence prevention
- Maternity planning
- Menopause
- Mental health, e.g., depression/eating disorders
- Diet/exercise
- Sexual practices, sexually transmitted infections (STIs) and HIV screening
- Substance abuse, e.g., alcohol and drug abuse prevention
- To stop tobacco use
- Tuberculosis (TB) screening
- Weight management

This information is not meant to replace medical care. Please always follow your healthcare provider's instructions. Programs and services are subject to change.

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