

# The power of prevention

Put our preventive health guidelines into practice.  
Your family's health could depend on it.

## 5 questions to ask your doctor

1. What are my numbers, and what do they mean?
2. What should my targets be, and how do I improve my results?
3. Given my family medical history, what health screenings are recommended?
4. Can I make any lifestyle changes that might help my condition?
5. When should I be re-checked?

Knowing more about your health status can help you reduce your risk of costly health problems and better manage any conditions you might have. This guide can help you get the most out of visits with your doctor.

## Preventive screenings

Be sure to stay current with these screenings and tests appropriate to your age, gender, medical history, current health, and family history.

You can also find these guidelines at **blueshieldca.com**. Just log on and select *Health & Wellness*, *Health Programs*, and then *Health Education Programs*. You'll find guidelines for children, adults, and seniors under *Preventive Health Guidelines*.

(see chart on reverse)

## Preventive screenings *(continued)*

Screenings for adults	Adults ages 20 to 49 years	Adults ages 50 and older
<b>Blood pressure</b>	At least every 2 years.	At least every 2 years.
<b>Cholesterol</b>	Periodically, starting at age 35 (age 20, if risk factors present). <sup>1</sup>	Periodically.
<b>Diabetes</b>	To age 45, every 2 years if overweight. Over age 45, every 3 years; more often if overweight, or high blood pressure/cholesterol.	Every 3 years and more often if overweight, high blood pressure or cholesterol.
<b>Breast cancer</b>	For women over age 40, mammogram every 1 to 2 years, and annual clinical breast exam.	For women ages 40 to 69, mammogram every 1 to 2 years, and annual clinical breast exam.
<b>Cervical cancer</b>	Pap test and HPV test, beginning for women at age 21, at least every 3 years or within 3 years of onset of sexual activity.	At least every 3 years. After age 65, Pap tests can be discontinued if previous tests have been normal.
<b>Chlamydia</b>	Recommended for all sexually active women under age 25 and for women at high risk. <sup>2</sup>	Periodically for women.
<b>Syphilis</b>	Routine screening for pregnant women and those at high risk. <sup>3</sup>	Routine screening for individuals at high risk. <sup>3</sup>
<b>Rubella susceptibility</b>	Recommended for all women of child-bearing age.	As recommended by doctor.
<b>Osteoporosis</b>	Evaluation of risk factors <sup>4</sup> for women (especially post-menopausal); women at high risk may need a screening test.	Evaluation of risk factors <sup>4</sup> for women; women at high risk may need a screening test; 65 and older: routine screening.
<b>Height and weight checks, vision and hearing tests</b>	Periodically.	Periodically.
<b>HIV screening</b>	For all adults at increased risk for HIV infection. <sup>3</sup>	For all adults at increased risk for HIV infection. <sup>3</sup>
<b>Colorectal cancer</b>	As recommended by doctor.	Fecal occult blood test annually and flexible sigmoidoscopy every 5 years, or double-contrast barium enema every 5 to 10 years, or colonoscopy every 10 years.
<b>AAA (abdominal aortic aneurysm)</b>	As recommended by doctor.	For men ages 65 to 75 who have ever smoked, one-time screening by ultrasonography.

<sup>1</sup> Those at risk for coronary heart disease should begin their screenings at age 20.

<sup>2</sup> Individuals at risk for chlamydia infection include those having multiple sexual partners and a history of prior sexually transmitted infections.

<sup>3</sup> Individuals at risk for syphilis and human immunodeficiency virus (HIV) infection include men who have sex with men and engage in high-risk sexual behavior; commercial sex workers; persons who exchange sex for drugs; and people in adult correctional facilities.

<sup>4</sup> Risk for osteoporosis and fracture increases with age and other factors like having a personal or family history of fracture, smoking cigarettes, low body weight, and low body mass index (BMI).