

# 2017 Preventive Care Guidelines: To discuss with your doctor

**Men (ages 65+) Preventive Schedule** Before you go, make sure that your Medicare benefits cover these services.

Routine Health Guide	
Annual Wellness and Routine Checkup	Annually
Obesity Screening: Diet/Physical Activity/BMI Counseling	Annually
Vision Exam, Glaucoma Screening and Dental Exam	Annually
Recommended Diagnostic Checkups & Screenings for At-Risk Patients	
Abdominal Aortic Aneurysm (AAA) Check	One-time screening in a lifetime: Discuss with your doctor**
Lung Cancer Screening and Counseling	Ages 55–80; 30-pack smoker history, current smoker/ quit within past 15 years
Diabetic Screening – Blood Sugar, Hemoglobin A1C, Retinal Eye Exam, Kidney Function and Blood Pressure	Annually
Colorectal Cancer Screening and Counseling*	Ages 50–85; Either a colonoscopy, fecal occult blood test or sigmoidoscopy
HIV and other Sexually Transmitted Infections (STIs) Screening & Counseling	Annually: Discuss with your doctor
Cholesterol Screening	Once every 5 years; more frequently if at risk; discuss with your doctor.
Prostate Cancer Screening	Discuss with your doctor
Skin Cancer Screening. Early detection of cutaneous melanoma, basal cell cancer, or squamous cell skin cancer in the adult general population.	Discuss with your doctor
Hearing Test	Discuss with your doctor
Guidance	
Screen/Counseling: Depression, Obesity, Tobacco, Alcohol and Substance Abuse	Every visit, or as indicated by your doctor
Fall Risk/Unintentional Injury/Domestic Violence Prevention/Urinary Problems	Every visit, or as indicated by your doctor
Medication List (including over-the-counter & 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)	Tdap vaccine once, then a Td booster every 10 years
Flu (Influenza)	Annually
Pneumococcal – PCV13 and PPSV23	Ages 65+: 1–2 doses ;discuss with your doctor
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B, Hepatitis C Virus (HCV) Infection Screening and Varicella (Chickenpox)	Discuss with your doctor

**Florida Blue** 

**We're here to help:**

## Call Member Services

1-844-783-5189. (TTY users should call 1-800-955-8770). Calls to these numbers are free. Hours are 8:00 a.m. – 8:00 p.m. local time, seven days a week.

## Visit a Florida Blue Center

Find a location near you at **FloridaBlueCenters.com** or call 1-877-352-5830

\*Florida Blue Medicare plans cover Routine Preventive Colonoscopy. Refer to Prevention & Wellness Benefits.

\*\* Medicare will pay for a one-time preventive ultrasound screening for those who are at-risk.

Florida Blue is an Independent Licensee of the Blue Cross and Blue Shield Association.

Florida Blue Preferred HMO is an HMO Plan with a Medicare contract. Enrollment in Florida Blue Preferred HMO depends on contract renewal.

# 2017 Preventive Care Guidelines: To discuss with your doctor

**Women (ages 65+) Preventive Schedule** Before you go, make sure that your Medicare benefits cover these services.

Routine Health Guide	
Annual Wellness and Routine Checkup	Annually
Obesity Screening Diet/Physical Activity/BMI Counseling	Annually
Vision Exam, Glaucoma Screening and Dental Exam	Annually
Recommended Diagnostic Checkups & Screenings for At-Risk Patients	
Abdominal Aortic Aneurysm (AAA) Check	One-time screening in a lifetime: discuss with your doctor**
Lung Cancer Screening and Counseling	Ages 55–80; 30-pack smoker history, current smoker/quit within past 15 years
Bone Mineral Density Screening and prescribed medication for Osteoporosis	Women beginning at age 65 and in younger women who have an increased risk
Diabetic Screening – Blood Sugar, Hemoglobin A1C, Retinal Eye Exam, Kidney Function and Blood Pressure	Annually
Colorectal Cancer Screening*	Ages 50–85; Either a colonoscopy, fecal occult blood test or sigmoidoscopy
Mammogram	Annually or Biennial until age 75; After age 75, discuss with your doctor
Pap Test/Pelvic Exam	Once every 5 years; more frequently if at risk; discuss with your doctor
HIV and other Sexually Transmitted Infections (STIs) Screening & Counseling	Annually; discuss with your doctor
Cholesterol Screening	Once every 5 years; more frequently if at risk
Skin Cancer Screening. Early detection of cutaneous melanoma, basal cell cancer, or squamous cell skin cancer in the adult general population.	Annually; discuss with your doctor
Hearing Test	Discuss with your doctor
Guidance	
Screen/Counseling: Depression, Obesity, Tobacco, Alcohol & Substance Abuse	Every visit, or as indicated by your doctor
Fall Risk/Unintentional Injury /Domestic Violence Prevention/Urinary Problems	Every visit, or as indicated by your doctor
Medication List (including over-the-counter & 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)	Tdap vaccine once, then a Td booster every 10 years
Flu (Influenza)	Annually
Pneumococcal – PCV13 and PPSV23	Ages 65+: 1– 2 doses; discuss with your doctor
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B, Hepatitis C Virus (HCV) Infection Screening and Varicella (Chickenpox)	Discuss with your doctor

**Florida Blue** 

Schedule an annual wellness visit with your doctor to discuss preventive screenings and flu vaccine.

These guidelines are recommendations by the organizations listed below and were not developed by Florida Blue.

## Sources:

[www.ahrq.gov](http://www.ahrq.gov)  
[www.medicare.gov](http://www.medicare.gov)  
[www.cdc.gov](http://www.cdc.gov)  
[www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)