



Preventive Guidelines

HealthFlex has adopted the following preventive care guidelines based on the recommendations of the U.S. Preventive Services Task Force. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Please direct questions to your personal physician.

Please refer to your Benefit Booklet or contact your medical carriers customer service to determine preventive services covered under your benefit plan.

Young Adults, age 11 to 24

Screening

Height/weight

Blood pressure

Papanicolaou (Pap) test

Chlamydia screen

Rubella serology or

Vaccination history

Multivitamins with folic acid

Assess problem drinking

Recommended Frequency

Periodically*

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Annually for sexually active females or beginning at age 18

After 3 consecutive normal tests, may decrease to every 3 years if agreed to by your physician

Routine screenings recommended for all sexually active females

Recommended for all females of childbearing age

Females planning/capable of pregnancy

Periodically*

Immunizations

Tetanus-diphtheria (Td)

Hepatitis B

MMR

Varicella

Rubella

Recommended Frequency

Boosters between ages 11-16 and then periodically*

If not previously immunized, 1 immunization at current (next) visit, the 2nd dose 1 month later and the 3rd dose at least 4 months after the 1st dose and 2 months after the 2nd dose

1 immunization between ages 11-12, if 2nd dose was never received

1 immunization between ages 11-12, if susceptible to chicken pox
Susceptible children age 13 and older should receive two doses, at least one month apart

Administered after age 12—females who are not pregnant

*Frequency should be discussed with your physician

Note: In order to ensure full payment of benefits, routine diagnostic codes should be used for services rendered for wellness examinations.