



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.

Adults, age 25 to 64

Screening

Height/weight

Blood pressure

Total blood cholesterol

Fecal occult blood test

Sigmoidoscopy

Clinical breast exam

Mammogram

Papanicolaou (Pap) test

Assess problem drinking

Prostate exam

Prostate-specific antigen (PSA)

Recommended Frequency

Periodically*

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Periodically, males between 35-64, females between ages 45-64

Annually for persons over age 50

Every 3-5 years for persons over age 50

Annually—females between ages 50-64**

Every 1-2 years—females between ages 50-64

Females between ages 40-49 should discuss with their physician**

Annually for sexually active females who have not had a total hysterectomy
After 3 consecutive normal tests, may decrease to every 3 years if agreed to by your physician

Periodically*

Males should discuss with their physician

Males 50 and older should discuss with their physician

Immunizations

Rubella serology or

Tetanus-diphtheria (Td)

Recommended Frequency

Recommended for all females of childbearing age

Boosters given periodically*

Other Preventive Measures

Discuss hormone replacement therapy

Peri- and postmenopausal females

Multivitamins with folic acid

Females planning/capable of pregnancy

Osteoporosis screening

Peri- and postmenopausal females

*Frequency should be discussed with your physician

**Exceeds the recommendation of the U.S. Preventive Services Task Force Guidelines

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