



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 65 and older

Screening

Height/weight

Blood pressure

Fecal occult blood test

Sigmoidoscopy

Clinical breast exam

Mammogram

Papanicolaou (Pap) test

Hearing assessment

Vision screening

Assess problem drinking

Prostate exam

Prostate-specific antigen (PSA)

Recommended Frequency

Periodically*

Periodically*

Annually for persons over age 50

Every 3-5 years for persons over age 50

Annually—females between ages 65-69

Females age 70 and older should discuss the necessity with their physician

Every 1-2 years—females between ages 65-69

Females age 70 and older should discuss with their physician

Discuss with your physician

Periodically*

Annually

Periodically*

Males should discuss with their physician

Males 50 and older should discuss with their physician

Immunizations

Tetanus-diphtheria (Td)

Pneumococcal

Influenza

Recommended Frequency

Boosters periodically*

Administered one time to all whose immune systems have not been compromised

Annually

Other Preventive Measures

Discuss hormone replacement therapy

Peri- and postmenopausal females

Osteoporosis screening

Peri- and postmenopausal females

* 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.