Save a life ... yours
Blues members may receive many exams and services at no cost

Regular checkups, the right screening tests and a healthy lifestyle can help you prevent or detect life-threatening chronic diseases such as heart disease, diabetes and cancer.

The Blues cover many preventive services with no cost-sharing. In many cases, you won’t have to pay a copay or meet a deductible when you get preventive services in our network. Before you receive preventive services, make sure you know what’s covered by your specific health plan.

Keep this brochure to help you identify the preventive services you need. Based on your age or gender, the charts that follow provide a roadmap for reaching a healthier life.

This isn’t a comprehensive list of services your specific plan covers. Log in to your online account on bcbsm.com for more information about your benefits.

Schedule your preventive screenings today:
■ Call your doctor to schedule an appointment.
■ If you don’t have a doctor, find one at bcbsm.com/prevention.


Source: mqic.org/guidelines.htm

Depression harms mind and body
You might think your health depends solely on the way you treat your body. But taking care of your mind plays a big part, too.
When you’re depressed, your mind and body suffer. Depression can cause or worsen chronic illnesses, such as heart disease. Depression can lead you to take part in unhealthy habits such as smoking, drinking, physical inactivity or poor sleep. And depression can make it harder to stay healthy and active as you age.
Depression seldom goes away by itself, but it’s treatable. Medication or talk therapy can rid you of this disease.

The first step is recognizing a problem. Signs of depression include:
■ Feeling sad or blue
■ Having thoughts of guilt, helplessness or hopelessness
■ Thinking about dying or killing yourself
■ Getting tired more often
■ Feeling less interested in other people and your normal activities
■ Having trouble sleeping or sleeping too much
If these symptoms linger for two weeks or more, talk with your doctor. Screening tests can show if you have depression. Then you and your doctor can work on a plan together to help you feel better about life.

 Preventive care saves lives
GET SCREENED
### Children, birth to age 12 years

<table>
<thead>
<tr>
<th>AGE</th>
<th>HOW OFTEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–24 months</td>
<td>11 visits</td>
</tr>
<tr>
<td>2–18 years</td>
<td>6 visits</td>
</tr>
</tbody>
</table>

- **Newborn and hearing screening**: Birth (after 24 hours) Once
- **Cholesterol screening**: 2–plus years Ask your doctor
- **Lead screening**: Between 9 and 18 months Once
- **Vision screening**: 2–6 years Before starting school
- **HiB-haemophilus**: 2–15 months Complete series

### IMMUNIZATIONS

**HPV (human papillomavirus)**
- Females, 9–26 years 3 doses
- Males, 9–26 years Ask your doctor

**DTaP**: 2, 4, 6 months 1st, 2nd, 3rd dose

**Rotaavirus**: 2–4 months Complete series

**Tdap**: 11–12 years 1 dose

**Hepatitis A**: 12 months 1st dose

**Hepatitis B**: Birth 1st dose

**Polio**: 2 months 1st dose

**HIB-haemophilus**: 2–15 months Complete series

**Flu**: 6 months–8 years 2 doses first year, then every year

**MMR (measles, mumps and rubella)**
- 12–15 months 1st dose
- 4–6 years 2nd dose

**Varicella (chickenpox)**
- 12–15 months 1st dose
- 4–12 years 2nd dose

**Meningococcal**: Booster between 16 and 18

**Pneumococcal conjugate (pneumonia)**
- 2 months 1st dose
- 4 months 2nd dose
- 6 months 3rd dose
- 12–15 months 4th dose

**Vaccines**
- **Pneumococcal conjugate**: Age 11–12 years 1 dose
- **Pneumococcal (meningitis and pneumonia)**: If high risk
- **HPV (human papillomavirus)**: Females, 9–26: 3 doses; Males, 9–26: Ask your doctor

### Ages 18 to 49

**Health exam (including height, weight and body mass index assessment, obesity counseling, alcohol/drug abuse, tobacco use and injury)**: Every 1 to 5 years

**Blood pressure screening**: Every 2 years if 120/80 or lower

**Cholesterol and lipid screening**: Every 5 years starting at age 35; more often with risk factors

**Colorectal cancer screening**: Every 3 years

**Diabetes screening**: Every 3 years with blood pressure of 135/80 or more

**Cervical cancer/Pap test screening**: Women: Every 3 years after becoming sexually active; after age 65, ask your doctor

**IMMUNIZATIONS**

**Tetanus/diphtheria/pertussis (Tdap)**: 1 dose after age 12

**Tetanus**: Once every 10 years

**Flu**: Every year

**Varicella (chickenpox)**: 2 doses if needed

**Hepatitis A, Hepatitis B, meningococcal**: If high risk

**Prostate cancer (digital rectal exam and/or prostate-specific antigen test)**: Men up to age 74: Ask your doctor

**Cervical cancer/Pap test screening**: Women: Every 3 years after becoming sexually active; after age 65, ask your doctor

### Ages 50 and up

**Health exam**: Height, weight and body mass index assessment, obesity counseling, alcohol/drug abuse, tobacco use, depression screening and injury

**Blood pressure screening**: Every 2 years if 120/80 or lower

**Cholesterol and lipid screening**: Men: Every 5 years; more often with risk factors

**Diabetes screening**: Every 3 years with blood pressure of 135/80 or more

**Cervical cancer/Pap test screening**: Women: Every 3 years after becoming sexually active; after age 65, ask your doctor

**IMMUNIZATIONS**

**Tetanus/diphtheria/pertussis (Tdap)**: 1 dose after age 12

**Tetanus**: Once every 10 years

**Flu**: Every year

**Varicella (chickenpox)**: 2 doses if needed

**Hepatitis A, Hepatitis B, meningococcal**: If high risk

**Prostate cancer (digital rectal exam and/or prostate-specific antigen test)**: Men up to age 74: Ask your doctor

**Cervical cancer/Pap test screening**: Women: Every 3 years after becoming sexually active; after age 65, ask your doctor

**IMMUNIZATIONS**

**Tetanus/diphtheria/pertussis (Tdap)**: 1 dose after age 12

**Tetanus**: Once every 10 years

**Flu**: Every year

**Varicella (chickenpox)**: 2 doses if needed

**Hepatitis A, Hepatitis B, meningococcal**: If high risk

**Prostate cancer (digital rectal exam and/or prostate-specific antigen test)**: Men up to age 74: Ask your doctor

**Cervical cancer/Pap test screening**: Women: Every 3 years after becoming sexually active; after age 65, ask your doctor

**IMMUNIZATIONS**

**Tetanus/diphtheria/pertussis (Tdap)**: 1 dose after age 12

**Tetanus**: Once every 10 years

**Flu**: Every year