## Routine Immunizations and Preventive Health Screenings (Adult)

Our preventive care services help you stay well and catch problems before they start. Use this chart to learn more about the preventive care services available to you. Just make sure you use doctors in our network.

<table>
<thead>
<tr>
<th>Routine Checkups</th>
<th>18–29 years</th>
<th>30–39 years</th>
<th>40–49 years</th>
<th>50–64 years</th>
<th>65+ years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Exam (includes personal history; blood pressure; body mass index [BMI]; physical exam; preventive screening; and counseling)</td>
<td>Annually for ages 18–21</td>
<td>Annually</td>
<td>Annually</td>
<td>Annually</td>
<td>Annually</td>
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</tbody>
</table>

### Cancer Screenings

- **Skin Cancer Screening**
  - Periodic total skin exams every 3 years at the discretion of your healthcare provider

- **Breast Cancer Screening (Women)**
  - Annual clinical breast exam and monthly self-exam

- **Cervical Cancer Screening (Women)**
  - Per American Cancer Society: Initial pap test at 3 years beginning at age 21; if 30 years or older, either a pap smear every 3 years after 3 consecutive normal results or HPV DNA test plus a pap smear every 5 years if results of both tests are negative.

- **Testicular and Prostate Cancer (Men)**
  - Clinical testicular exam at each health maintenance visit and monthly self-exam

### Other Recommended Screenings

- **Body Mass Index (BMI)**
  - At the discretion of your healthcare provider in addition to your wellness exam

- **Abdominal Aortic Aneurysm**
  - At age 65 or older

- **Blood Pressure (Hypertension)**
  - At every acute/non-acute medical encounter and at least once every 2 years

- **Cholesterol Screening**
  - Every 5 years or more often at the discretion of your healthcare provider

- **Bone Density Screening (Type 2)**
  - Consider your risk factors; discuss with your healthcare provider.

- **Hepatitis B Virus Infection Screening**
  - Nonpregnant teens and adults who have a high risk for infection

### Infectious Disease Screenings

- **Measles, Mumps, Rubella (MMR)**
- **Haemophilus influenzae Type B (HIB)**
- **Hepatitis B Vaccine**
- **Hepatitis A Vaccine**
- **Meningococcal Vaccine**
- **Pneumococcal Polysaccharide (PPSV23)**
- **Pneumococcal 13-Valent Conjugate (PCV13)**
- **Shingles Vaccine (Zoster)**
- **Human Papillomavirus (HPV)**

- **Influenza Vaccine (Flu)**
- **Tetanus, Diphtheria, Pertussis (TD/Tdap)**
- **Varicella Vaccine (Chickenpox)**

### Preventive Services

- **Breast Cancer Screening (Women)**
  - Screening for women 50-75 or breast cancer
  - Fecal occult blood test annually or flexible sigmoidoscopy every 5 years or colonoscopy every 20 years

- **Skin Cancer Screening**
  - Patients at high risk for colorectal cancer due to family history or physical factors

### Preventive Care Services

- **Ambetter pays for a breast cancer screening once a year starting at age 35. It is the policy of Ambetter from Superior HealthPlan that digital tomosynthesis for breast imaging is not medically necessary because it is considered experimental, investigational, or unproven. It is not considered to be a preventive health benefit.**

- **The information in this document is intended as a reference tool for your convenience and is not a guarantee of payment.**

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Adult Preventive (a)

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