

Checklist for

# HEALTH

Preventive care is important at every age. Making good health choices now can boost your health and well-being for a lifetime.



BlueCross BlueShield of South Carolina and  
BlueChoice® HealthPlan of South Carolina

Adult Recommendations

Well-Child Visits

Children's Immunization

Tweens and Teens

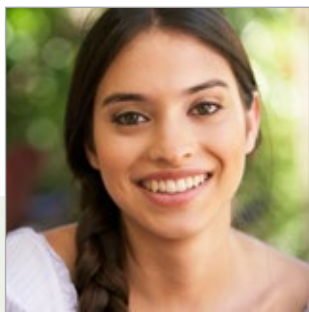
Diabetes Control

Asthma and COPD

# Recommendations for Adults

Here are some recommendations for adults of all ages. Work closely with your doctor to determine what's right for you.

- Wellness exam (includes routine blood pressure, cholesterol, medication and weight checks)
- Colorectal screening (beginning at age 50)
- STD screening (beginning at age 16)
- Flu shot



## Recommendations for WOMEN

- Pap test
- Mammogram (every one to two years beginning at age 40)
- Routine prenatal care (if pregnant)
- Postpartum checkup (within six weeks of delivery)



## Recommendations for MEN

- Prostate screening (beginning at age 50)
- Testicular exam



# Well-Child Visits

Put your little ones on the path to wellness by scheduling regular well-child checkups. Typically, your child should see his or her pediatrician at:

- Newborn
- 1 week old
- 1 month old
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old
- 15 months old
- 18 months old
- 2 years old
- 2 ½ years old
- Once each year  
beginning at age 3

During each visit, your child's pediatrician will discuss topics including developmental milestones, nutrition, safety, your child's and family's emotional well-being, recommendations from the American Academy of Pediatrics and give routine immunizations.



# Routine Children's Immunization Schedule

## Recommended Immunizations for Ages Birth to 6 Years

Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	1.5-3 years	4-6 years
Hepatitis B (HepB)	○	○				○				
Rotavirus (RV)			○	○	○**					
Diphtheria, Tetanus and Pertussis (DTaP)			○	○	○		○†			○
Haemophilus Influenzae Type B (Hib)			○	○	○**	○				
Pneumococcal Conjugate (PCV)			○	○	○	○				
Inactivated Polio Vaccine (IPV)			○	○		○				○
Influenza (Flu)					○ Recommended <b>yearly</b> starting at age 6 months, with two doses given the first year.					
Measles, Mumps and Rubella (MMR)						○				○
Varicella (Chicken pox)						○				○
Hepatitis A (HepA)						○ First dose: 12-23 months. ○ Second dose: 6-18 months later.				

○ One dose

□ Range of recommended dates

\*\* Number of doses needed varies depending on vaccine used. Ask your doctor.

† The fourth dose of DTaP may be given as early as 12 months, as long as at least six months have passed since the third dose.



# Tweens and Teens

As your child grows, he or she should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about topics including:

- Proper diet and exercise.
- Avoiding risky behaviors like drinking and smoking.
- The impact of sexual activity and sexually transmitted disease.



**Recommended Immunizations for Ages 7 to 18**

Vaccine	7-10 years	11-12 years	13-15 years	16 years	17-18 years
Tetanus, Diphtheria, Pertussis (Tdap)		○			
Human Papillomavirus (HPV) – females and males		○**			
Meningococcal (MCV)		○		○	
Influenza (Flu)	Yearly				

○ One dose    □ Range of recommended dates

\*\* The CDC recommendation for HPV vaccination for children is three doses at 11-12 years old.

# If You Have Diabetes

Diabetes is a chronic condition that can cause many other health problems if you don't keep it under control. Don't let diabetes control your life. You have the power to put diabetes in its place!

Schedule a diabetes care visit with your doctor and:

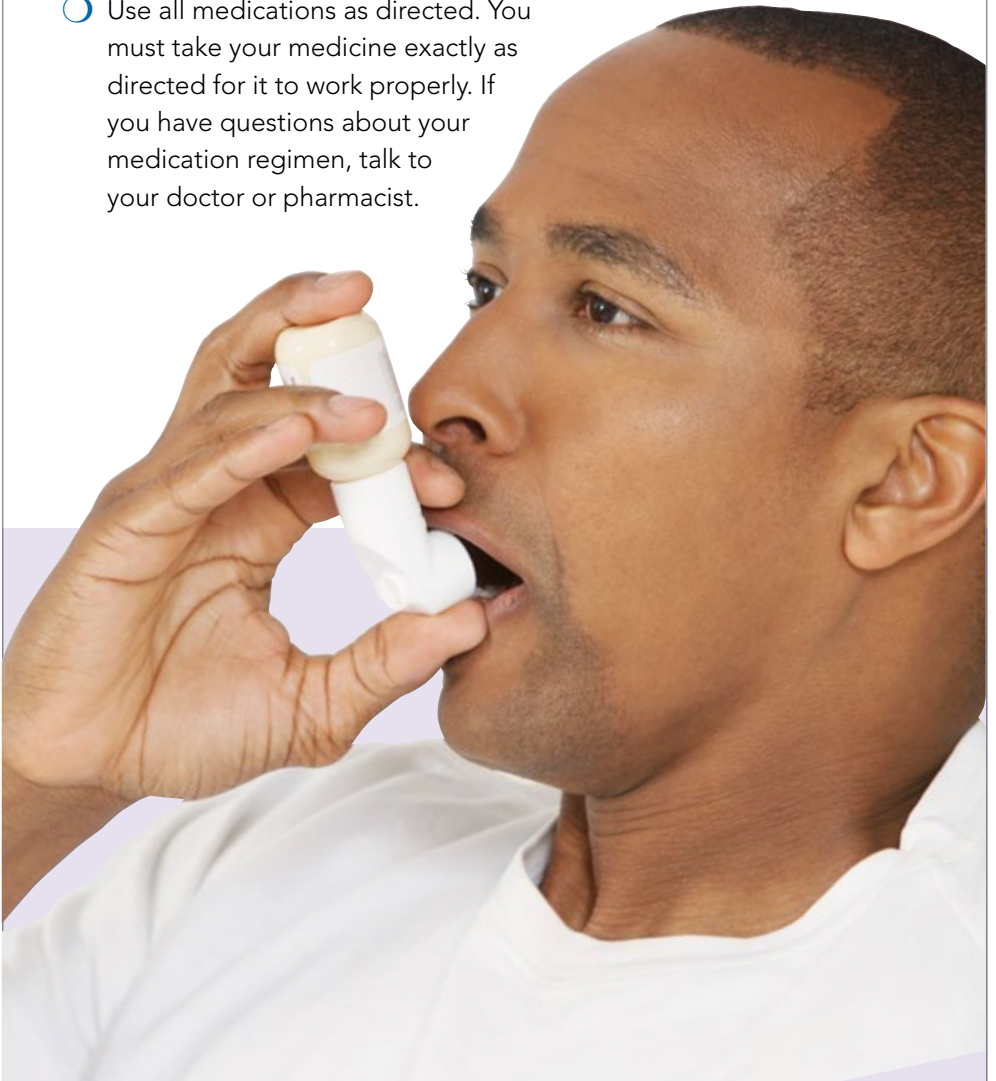
- Review your care plan.
- Get an A1C test twice a year. You should try to keep your A1C lower than 7 percent.
- Have your cholesterol checked.
- Get a urine test to check for changes in your kidneys.
- Have your blood pressure checked and keep it under 140/80.
- Check your legs and feet for redness, cracks or sores.
- Visit your optometrist or ophthalmologist to have a retinal eye exam.
- Take medications as prescribed.
- Make healthy food choices and be physically active.
- Do not use tobacco products.



# Asthma and COPD

If you have asthma or chronic obstructive pulmonary disease (COPD), it is important to take steps to keep your condition under control and prevent complications.

- Talk to your doctor about having a spirometry test. This simple test allows your doctor to see how well your condition is being managed and adjust your treatment plan if needed.
- Use all medications as directed. You must take your medicine exactly as directed for it to work properly. If you have questions about your medication regimen, talk to your doctor or pharmacist.



# Need help finding a doctor?

**BlueCross BlueShield of  
South Carolina members:**

Visit [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com)  
and select *Get Started* in the  
*Find a Doctor* Section.

**BlueChoice HealthPlan of  
South Carolina members:**

Visit [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com) and  
select *Doctor & Hospital Finder*.



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