



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	Recommended Frequency
Height/weight	Periodically*
Blood pressure	Periodically*
Total blood cholesterol	Periodically, males between 35-64, females between ages 45-64
Fecal occult blood test	Annually for persons over age 50
Sigmoidoscopy	Every 3-5 years for persons over age 50
Clinical breast exam	Annually—females between ages 50-64**
Mammogram	Every 1-2 years—females between ages 50-64 Females between ages 40-49 should discuss with their physician**
Papanicolaou (Pap) test	Annually for sexually active females who have not had a total hysterectomy <i>After 3 consecutive normal tests, may decrease to every 3 years if agreed to by your physician</i>
Assess problem drinking	Periodically*
Prostate exam	Males should discuss with their physician
Prostate-specific antigen (PSA)	Males 50 and older should discuss with their physician

Immunizations	Recommended Frequency
Rubella serology or Tetanus-diphtheria (Td)	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.