

PREVENTIVE CARE RECOMMENDATIONS

Talk with your primary care provider about these preventive services.

How often and what kind of preventive care services you need depends on your age, gender, health and family history. Your provider may recommend additional tests, which may or may not be covered under your plan. Check your health plan benefits or call the number on the back of your member ID card for details on coverage.*

■ Men and women ■ Women only

HEALTHY ADULT GUIDELINES

AGE	21 – 39	40 – 49	50 – 64	65 – 74	75+
CARDIOVASCULAR HEALTH					
Advice on nutrition, healthy weight and physical activity	Throughout adulthood				
Advice on avoiding tobacco exposure and use	Throughout adulthood				
Blood pressure measurement	At least annually				
Cholesterol (lipid) screening	Performed depending on risk				
Diabetes screening	Ages 35 – 70 and adjusted by health care provider based on risk				
CANCER PREVENTION					

Bcbs Preventive Care Guidelines

KJ Lindholm-Leary



Bcbs Preventive Care Guidelines:

Guide to Health Maintenance and Disease Prevention Ijindah Marcus Uriri,2009-06-17 Finally this is the book you ve been waiting for Health maintenance and disease prevention provides a concise up to date information on the management of certain chronic medical conditions health promotion and disease prevention It empowers individuals in several ways to be more proactive about their health The ultimate goal is maintaining a good quality of life Areas of emphasis featured in this book include preventive health services from infancy to adulthood management and prevention of certain chronic medical conditions Lifestyles and behavior modifications preconception care and pregnancy related health conditions prevention of sexually transmitted diseases management of specific common health conditions in the older adult precautions about medication use It is my belief that this guide will be a good resource to achieving and maintaining a good quality of life

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Congress,1991 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 **Mandated Benefits 2018 Mid-Year**

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