Wellness guidelines for all ages

Live healthy, stay safe
Make your health a priority

Your health and wellness are important. That’s why we provide you with these nationally recommended tests and screenings to help you and your family stay healthy.

We encourage you to take the time to review these guidelines and discuss them with your health care provider. Based on your specific needs and your family medical history, your health care provider may suggest different tests and screenings or a different screening schedule than the recommendations outlined here. Please log on to www.amerihealthexpress.com for the most up-to-date wellness guidelines and for more resources on how to stay healthy. For coverage information and questions, please contact Customer Service at 1-888-YOUR-AH1 (1-888-968-7241) in New Jersey or 1-866-681-7373 in Pennsylvania.

Recommendations:* Birth to 17 years

**Well checkups/physical exams**

1. Birth to Age 2 — usually within 3–5 days after hospital discharge, then at ages 1 month and 2 months; after that, your child will be seen every 2–3 months until age 18 months
2. Ages 18 months to 3 years — every 6 months
3. Ages 3 to 17 — every year

Well visits may include measuring your child’s length or height and weight and body mass index (BMI, which compares height to weight and helps to determine if your child is overweight), head circumference (up to age 24 months), autism screening (toddlers only), signs of puberty (beginning around age 9 to 11), vision and hearing screening, discussion of eating habits and activity, and any other parent questions or concerns.

At this time, your child will receive any recommended vaccinations or scheduled immunizations.

**Immunizations**

For immunization schedules visit www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html

**Sexually transmitted disease screening**

Discuss prevention and screening as appropriate. Sexually active girls should be tested for chlamydia.

**HIV screening**

Adolescents ages 15 and older should be screened. For children under age 15, discuss prevention and screening as appropriate.

**Depression**

Beginning at age 12, or earlier if any risk factors are identified at the well checkup.

Your child’s physician will discuss with you if additional tests such as hemoglobin (the amount of iron), lead, cholesterol, diabetes, or tuberculosis are needed.

**Tips to stay healthy and safe**

- Eat a healthy diet and set a goal to maintain a healthy weight.
- Follow good oral hygiene, including tooth brushing with fluoride toothpaste, flossing daily, and regular dentist visits.
- Exercise regularly as recommended by your health care provider.
- Don’t use drugs, tobacco, or alcohol.
- Use sensible sun protection/safety practices. Keep sunscreen available during the summer and for all outdoor activities.
- Check your home for risk of falls and other injuries, especially if there are young children and/or older individuals in the home.
- Properly install, test, and maintain smoke and carbon monoxide detectors.
- Use safety gear (helmets and pads) and follow safety rules for bike riding and other recreational activities.
- Keep the number for poison control handy (1-800-222-1222).
## Recommendations: * 18 years and older

### Well checkups/physical exams
Every 1–2 years until the age of 65, then annually

Well checkups may include height and weight, blood pressure, body mass index (BMI, which compares height to weight and helps to determine if you are overweight), discussion of eating habits and activity, and any other patient questions or concerns.

Note: Check your benefits to find out if you are covered for a well checkup every year or every 2 years. For those members with coverage through AmeriHealth New Jersey Plans, New Jersey regulations require coverage for one exam annually.

### Immunizations
Check with your health care provider that all immunizations are up to date.

For immunization schedules visit [www.cdc.gov/vaccines/schedules/hcp/imz/adult.html](http://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html)

### Breast cancer screening (females)
Annual Mammogram beginning at age 40

### Cervical cancer screening (females)
Ages 21 to 65, every 3–5 years

### Colon cancer screening
Beginning at age 50, discuss screening methods with your health care provider. Some screening methods may include colonoscopy, sigmoidoscopy, or fecal occult blood test.

### Osteoporosis screening
Women: Beginning at menopause, discuss screening and frequency with your health care provider. Women ages 65 and older should be tested.

Men: Beginning at age 70, discuss risk factors and screening with their health care provider.

### Sexually transmitted disease screening
Discuss screening and prevention with your health care provider. Sexually active females who are age 24 and younger should be tested for chlamydia infection.

### HIV screening
Discuss prevention and screening with your health care provider. Adolescents and adults ages 15–65 years should be screened.

### Hepatitis C screening
One-time test for persons born between 1945–1965.

### Depression
Discuss with your health care provider.

Discuss with your health care provider if additional screening such as cholesterol, diabetes, prostate cancer screening, abdominal aortic screening, or lung cancer are needed.

### For pregnant members:
Please call 1-800-313-8628, prompt 3, in New Jersey and 1-800-598-BABY (1-800-598-2229) in Pennsylvania to enroll in our Baby FootSteps program and to find out how to get more information on screenings specific to pregnancy. As soon as you think you are pregnant, schedule your first prenatal appointment. An initial exam should be done within the first three months of pregnancy with follow-up examinations as recommended by your health care provider.

### Information in this booklet is based on the following sources: