

2012 Preventive Care Guidelines: To discuss with your Health Care Provider

Men (age 65) Preventive Schedule*

Routine Health Guide	
Physical exam including history, blood pressure, height, weight, BMI & waist circumference	Annually
Blood Sugar Test	Annually
Nutrition/Physical Activity Counseling	Annually
Dental Exam	Annually
Vision/Glaucoma Exam	Annually
Recommended Diagnostic Checkups & Screenings for At-Risk Patients	
Abdominal Aortic Aneurysm Check	One-time screening for men ages 65 to 75 who have ever smoked
Colorectal Cancer Screening	Ages 50-75; Either a colonoscopy, fecal occult blood test or sigmoidoscopy
Sexually Transmitted Disease (STD) Screening & Counseling	Annually
Cholesterol and Lipid Screening	Once every 5 years; more frequently if at risk
Prostate Cancer Screening	Discuss with your physician
Skin Cancer Screening	Discuss with your physician
Hearing Test	Discuss with your physician
Guidance	
Screen/Counseling for Depression, Obesity, Tobacco, Alcohol and Substance Abuse	Every visit, as indicated
Fall Risk/Unintentional Injury	Every visit, as indicated
Domestic Violence Prevention	Every visit, as indicated
Urinary Problems	Every visit, as indicated
Aspirin Counseling	Discuss with your physician
Advance Directives	Annually
Immunizations*	
Tetanus (Td)	Ages 65+: every 10 years
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Only once as an adult
FLU (Influenza)	Annually
Pneumococcal	Ages 65+: 1 dose
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B	Discuss risk factors with your physician

*Some immunizations are contraindicated for certain conditions. Consult AHRQ for a complete list, and discuss with your physician.



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We're here to help.

Online: Looking for Medicare Coverage?* Visit us online at www.bluemedicarefl.com.

If you're already a member, look for the [MyBlueService](#) link to log in to our member website. You'll find your Medicare benefits, free health programs and helpful tools.

In person: Our Florida Blue centers are open Monday-Saturday, 10 AM to 8 PM. Visit www.FloridaBlue.com for locations.

By phone: Looking for Medicare coverage? Call **1-877-465-1125**. If you're already a member, call Member Services at **1-800-926-6565**. (TTY dial **1-800-955-8771**).

*Medicare Supplement insurance policies are not connected with or endorsed by the U.S. government or the Federal Medicare program. Plan benefits and premium will vary depending upon the plan selected. Exclusions and limitations may apply.

2012 Preventive Care Guidelines: To discuss with your Health Care Provider

Women (age 65) Preventive Schedule*

Routine Health Guide	
Physical exam including history, blood pressure, height, weight, BMI & waist circumference	Annually
Blood Sugar Test	Annually
Nutrition/Physical Activity Counseling	Annually
Dental Exam	Annually
Vision/Glaucoma Exam	Annually
Recommended Diagnostic Checkups & Screenings for At-Risk Patients	
Bone Mineral Density Screening for Osteoporosis	Women starting at age 65 or older; and in younger women who have an increased risk
Colorectal Cancer Screening	Ages 50-75; Either a colonoscopy, fecal occult blood test or sigmoidoscopy
Mammogram	Annually until age 75; After age 75, discuss with your physician
Pap Test/Pelvic Exam	65+: Discuss with your physician
Sexually Transmitted Disease (STD) Screening & Counseling	Annually
Cholesterol and Lipid Screening	Once every 5 years; more frequently if at risk
Skin Cancer Screening	Discuss with your physician
Hearing Test	Discuss with your physician
Guidance	
Screen/Counseling for Depression, Obesity, Tobacco, Alcohol and Substance Abuse	Every visit, as indicated
Fall Risk/Unintentional Injury	Every visit, as indicated
Domestic Violence Prevention	Every visit, as indicated
Urinary Problems	Every visit, as indicated
Aspirin Counseling	Discuss with your physician
Advance Directives	Annually
Immunizations*	
Tetanus (Td)	Ages 65+: every 10 years
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Only once as an adult
FLU (Influenza)	Annually
Pneumococcal	Ages 65+: 1 dose
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B	Discuss risk factors with your physician



Be sure to verify your benefits for preventive services. These recommendations were developed as a guide for our members and are not intended to replace your physician's judgment.

Sources:

www.ahrq.gov
www.medicare.gov
www.cdc.gov

*Some immunizations are contraindicated for certain conditions. Consult AHRQ for a complete list, and discuss with your physician.