

Health Net's Preventive Screening Guidelines

GUIDELINES FOR CHILDREN AND ADULTS





Use this guide to help remind you to schedule well-care visits with your family doctor. Always seek and follow the care and advice of your doctor. Updates and changes often occur with guidelines.

This information is not medical advice and does not describe coverage. Please check your plan benefit language for coverage, limits and exclusions.

To help you stay healthy

For more information or detailed guidelines, visit **www.healthnet.com** (Group) or **www.myhealthnetca.com** (Individual & Family Plan) or call the number on the back of your Health Net Member ID card.



Advised immunization (shots)

Schedule for persons aged 0 through 6 years^{1,2}

Vaccine	At birth	Age (in months)									Age (in years)			
		1	2	4	6	9	12	15	18	19-23	2-3	4	5	6
Respiratory Syncytial Virus (RSV)		<ul style="list-style-type: none"> • 1 dose (birth through 7 months) depending on maternal RSV vaccination status. • 1 dose (8 through 19 months). 												
Hepatitis B (HepB)	✓	✓	Catch up if needed			✓					Catch up if needed			
Rotavirus (RV)			<ul style="list-style-type: none"> • 2-dose series at 2 and 4 months (Roatrix®) • 3-dose series at 2, 4, and 6 months (RotaTeq®) 											
Diphtheria, Tetanus, Pertussis (DTaP)			✓	✓	✓	Catch up if needed		✓			Catch up if needed		✓	
Haemophilus Influenzae type b (Hib)			✓	✓	✓	Catch up if needed		✓			Catch up if needed		High-risk groups	
Pneumococcal			✓	✓	✓	Catch up if needed		✓			Catch up if needed		High-risk groups	
Inactivated Poliovirus (IPV)			✓	✓			✓				Catch up if needed		✓	
Influenza (flu)						2 flu shots before the age of 2						Yearly (1 or 2 doses), as your doctor suggests		
COVID 19						1 or more doses or as your doctor suggests								
Measles, Mumps, Rubella (MMR)					High-risk groups			✓			Catch up if needed		✓	
Varicella (VAR)								✓			Catch up if needed		✓	
Hepatitis A (HepA)								2 doses			As your doctor suggests, high-risk groups			
Meningococcal						High-risk groups								

Catch up if needed: If your child has missed any shot(s) in the past, talk to their doctor about how and when to get this shot.

High-risk groups: If you or your child have a medical condition check with your doctor first before you get any shots. They will give you advice and guidance on what is best.



Advised immunization (shots)

Schedule for persons aged 7 through 18 years^{1,2}

Vaccine	Age (in years)		
	7-10	11-12	13-18
Tetanus, Diphtheria, Pertussis (Tdap)	Catch up if needed	1 dose	Catch up if needed
Human Papillomavirus (HPV)	2 doses can start at age 9, recommended for ages 11-12 years		Catch up if needed
Influenza (flu)	Yearly (1 or 2 doses), as your doctor suggests	Yearly (1 dose) ages 9 years and older	
COVID 19	1 or more doses or as your doctor suggests		
Pneumococcal	High-risk groups		
Hepatitis A (HepA)	Catch up if needed		
Hepatitis B (HepB)	Catch up if needed		
Inactivated Poliovirus (IPV)	Catch up if needed		
Measles, Mumps, Rubella (MMR)	Catch up if needed		
Varicella (VAR)	Catch up if needed		
Haemophilus Influenzae type b (Hib)	High-risk groups		
Meningococcal	High-risk groups	1 dose	Catch-up if needed booster at age 16
Meningococcal B	High-risk groups, ages 10-18 years		



Advised screenings (tests)

Schedule for persons aged 0 through 18 years^{1,2,3}

Vaccine	Age (in months)						Age (in years)		
	Birth-6	9	12	15	18	19-36	3-10	11-12	13-18
Routine health exam	At birth, 3-5 days, and at 1, 2, 4, and 6 months	Every 3 months				Every 6 months	Every year		
Lead testing	Test at 12 months and 24 months or as your doctor suggests.								
Dental visit	Every 6-12 months (first visit starting between first tooth and age 1) or as your dentist suggests								
Dental fluoride varnish	Every 6 months	As your doctor or dentist suggest							
Blood test	Once between 0-2 months	Check at 4 and 12 months, and during routine health exam if high-risk or as your doctor suggests							
Body mass index (BMI)							Starting at age 2, check BMI during routine health exam		

Catch up if needed: If you have missed your shot(s) you can talk to your doctor about when or how to get this shot.

High-risk groups: If you or your child have a medical condition check with your doctor first before you get any shots. They will give you advice and guidance on what is best.



Advised immunization (shots)

Schedule for adults^{1,2}

Vaccine	Age (in years)				
	19–26	27–49	50–59	60–64	65 and over
COVID 19	1 or more doses of updated (2023-2024 Formula) vaccine				
Tetanus, Diphtheria, Pertussis (Td/Tdap)	<ul style="list-style-type: none"> • 1 dose Tdap, then boost with Td or Tdap every 10 years • 1 dose Tdap each pregnancy – 1 dose Td/Tdap for wound care 				
Human Papillomavirus (HPV)	2 or 3 doses based on age at first vaccination or condition	If high-risk or as your doctor suggests			
Varicella (VAR)	2 doses (If born 1980 or later)		As your doctor suggests		
Zoster Recombinant	If high-risk or as your doctor suggests		2 doses RZV starting at age 50		
Measles, Mumps, Rubella (MMR)	1 or 2 doses or as your doctor suggests (If born in 1957 or later)				
Influenza (flu)	Every year				
Pneumococcal (PPSV 23 or PCV 13)	If high-risk or as your doctor suggests				1 dose
Hepatitis A (HepA)	If not fully vaccinated or if high-risk 2, 3, or 4 doses based on vaccine or as your doctor suggests				
Hepatitis B (HepB)	2, 3, or 4 doses based on vaccine, or as your doctor suggests			Based on condition if high-risk, or as your doctor suggests	
Haemophilus Influenzae type b (Hib)	1 or 3 doses based on condition, if high-risk, or as your doctor suggests				
Meningococcal A, C, W, Y	1 or 2 doses based on vaccine, or as your doctor suggests				
Meningococcal B	2 or 3 doses based on vaccine, if high-risk, or as your doctor suggests				

High-risk groups: If you have a medical condition check with your doctor first before you get any shots. They will give you advice and guidance on what is best.



Advised health screenings (tests)

Schedule for adults^{1,2,4}

Service	Age (in years)		
	19–39	40–64	65 and over
Routine health exam	Every year		
Blood pressure to check for high blood pressure	Every 1–2 years		
Body mass index (BMI) to check for obesity	Check during routine health exams		
Cholesterol screening to check for blood fats	General guide ages 20-65 years: <ul style="list-style-type: none"> • Younger adults every 5 years • Men ages 45-65 every 1-2 years • Women ages 55-65 every 1-2 years • As your doctor suggests. 		Every year
Colorectal Cancer screening to check for colorectal cancer		<ul style="list-style-type: none"> • For ages 40–44, as your doctor suggests. • Begin at age 45, talk to your doctor about how often and which test to get 	
Dental	Every 6 months or as your dentist suggests		
Glucose screening to check for blood sugar	Check if high-risk	Every 3 years or as your doctor suggests	
Human Immunodeficiency Virus (HIV)	<ul style="list-style-type: none"> • One-time screening, repeat if high-risk or as your doctor suggests. • If pregnant, screen for HIV infection. 		As your doctor suggests
Hepatitis B	Screen if high-risk or as your doctor suggests		
Hepatitis C	Screen 18–79 years or as your doctor suggests		





Advised health screenings (tests)

Schedule for adults^{1,2,4}

Service	Age (in years)		
	19–39	40–64	65 and older
Extra Screenings for Women			
Pelvic exam with Pap test to check for cervical cancer	For sexually active non-pregnant people: <ul style="list-style-type: none"> start at age 21-29 years, screen every 3 years with PAP test at age 30-65, screen every 3 years with PAP or screen every 5 years with HPV or PAP/HPV or as your doctor suggests 		As your doctor suggests
Mammogram to check for breast cancer	Check every year starting at age 35 if high-risk as your doctor suggests	Every 2 years or based on risk as your doctor suggests	
Breast exam by doctor	Every 1–3 years	Every year	
Self breast exam/Breast self-awareness to check for breast changes	Monthly		
Chlamydia or Gonorrhea screening to check for a sexually transmitted disease	<ul style="list-style-type: none"> If sexually active, start screening at 24 years or younger. This includes pregnant women. If sexually active, get screened at 25 years and older if you are at risk for infection. This includes pregnant women. 		
Bone density test to check for bone loss		Screening based on risk	✓
Extra Screenings for Men			
Abdominal ultrasound to check for abdominal aortic aneurysm (swelling of a large blood vessel around the stomach area)			Once, for men ages 65–75 who have ever smoked or have risks

¹These guidelines may change. Please speak with your doctor.

²Doctor should follow proper series and current guidelines by the Centers for Disease Control and Prevention (CDC), US Preventive Services Task Force (USPSTF), and American Academy of Pediatrics (AAP).

³Routine health exams, counseling and education for children and adolescents may include records of the patient's height, weight and blood pressure. Exams may also include body mass index (BMI), along with vision and hearing tests. Counseling and education could include, but are not limited to:

- Contraception/family planning
- Critical congenital heart defect, heart health
- Dental health
- Developmental/behavioral exam
- Injury/violence prevention
- Mental health, e.g., depression/eating disorders
- Diet/exercise
- Sexually transmitted infections (STIs) and HIV screening
- Substance abuse, e.g., alcohol and drug abuse prevention
- To stop tobacco use
- Tuberculosis (TB) screening
- Weight management

⁴Routine health exams, counseling and education for adults should include the patient's height, weight, blood pressure, body mass index (BMI), vision and hearing tests, depression, and screening for alcohol or drug use. Guidelines vary based on history and risk factors. Counseling and education could include:

- Cancer screenings, e.g., lung cancer screening and BRCA risk assessment
- Contraception/prepregnancy
- Dental health
- Drug prevention/Cessation
- Family planning
- Heart health, electrocardiogram (ECG) screening
- Injury/violence prevention
- Maternity planning
- Menopause
- Mental health, e.g., depression/eating disorders
- Diet/exercise
- Sexual practices, sexually transmitted infections (STIs) and HIV screening
- Substance abuse, e.g., alcohol and drug abuse prevention
- To stop tobacco use
- Tuberculosis (TB) screening
- Weight management

This information is not meant to replace medical care. Please always follow your healthcare provider's instructions. Programs and services are subject to change.

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