



Preventive Health Guidelines

40 Years through 85+ Years

These recommendations will help you achieve a healthy lifestyle and are intended as an educational reference. They do not replace the clinical judgment of your healthcare provider.

ADDITIONAL RECOMMENDED GUIDELINES FOR HIGH RISK POPULATIONS

POPULATION	RECOMMENDED GUIDELINES
Chronic medical conditions; TB contacts; low income; immigrants; alcoholics	PPD
Persons ≥ 75 yr.; or ≥ 70 yr. with risk factors for falls	Fall prevention intervention
Cardiovascular disease risk factors	Cholesterol screening
Diabetes Type 2, risk factors or >45 yrs.	Fasting blood glucose test
Family or personal hx of breast cancer	Annual clinical breast exam and mammogram
Family hx of skin cancer; nevi; fair skin, eyes, hair	Avoid excess sun; use protective clothing and sunscreens
Native Americans/Alaska Natives	PPD; Hep A vaccine
Blood product recipients	HIV screen; Hep B
High-risk sexual behavior	Hep A; HIV screen; Hep B; RPR/VDRL
Injection or street drug use	PPD; Hep A; HIV screen; Hep B; RPR/VDRL; advice to reduce infection risk
Persons susceptible to Varicella	VAR vaccine

Vaccinations, screenings and counseling recommendations may not be covered benefits under all Blue Cross and Blue Shield Nebraska plans. Please consult your benefits materials.

References: United States Preventive Services Task Force 2005 www.ahrq.gov/clinic

Department of Health and Human Services, Centers for Disease Control and Prevention www.cdc.gov

National Partnership for Immunizations (NPI) www.cdc.gov/nip/recs/adult-schedule.htm
www.cdc.gov/nip/recs/child-schedule.htm

Advisory Committee on Immunization Practices (ACIP) www.cdc.gov/nip/ACIP/default.htm

American Academy of Family Physicians (AAFP) www.aafp.org

American Academy of Pediatrics (AAP) www.aap.org

National Partnership for Immunization www.partnersforimmunization.org

American Cancer Society www.cancer.org

All Preventive Health Guidelines were updated and approved by Blue Cross and Blue Shield of Nebraska's Quality Improvement Committee. Last Updated March 2006