

2016 Preventive Care Guidelines: To discuss with your Health Care Provider

Men (age 65) Preventive Schedule Be sure to verify your benefits for preventive services covered by Medicare.

Routine Health Guide	
Annual Wellness and Routine Check-Up	Annually
Obesity Screening: Diet/Physical Activity/BMI Counseling	Annually
Vision Exam, Glaucoma Screening, and Dental Exam	Annually
Recommended Diagnostic Checkups & Screenings for At-Risk Patients	
Abdominal Aortic Aneurysm (AAA) Check	One-time screening for ages 65 to 75 who have ever smoked or have a family history of AAA**
Lung Cancer Screening and Counseling	Ages 55-80; 30 pack smoker history, current smoker/quit within past 15 years
Diabetic Screening - Blood sugar, Hemoglobin A1C, LDL Cholesterol, Retinal Eye Exam, Kidney Function and Blood Pressure	Annually
Colorectal Cancer Screening and Counseling*	Ages 50-75; Either a colonoscopy, fecal occult blood test or sigmoidoscopy
HIV and other Sexually Transmitted Infections (STIs) Screening & Counseling	Annually: Discuss with your doctor
Cholesterol Screening	Once every 5 years; more frequently if at risk
Prostate Cancer Screening	Discuss with your doctor
Skin Cancer Screening. Early detection of cutaneous melanoma, basal cell cancer, or squamous cell skin cancer in the adult general population.	Discuss with your doctor
Hearing Test	Discuss with your doctor
Guidance	
Screen/Counseling: Depression, Obesity, Tobacco, Alcohol and Substance Abuse	Every visit, or as indicated by your doctor
Fall Risk/Unintentional Injury/Domestic Violence Prevention/Urinary Problems	Every visit, or as indicated by your doctor
Medication List (including over-the-counter & vitamins) for potential interactions	Every visit, or as indicated by your doctor
Advance Directives: Living Will	Annually
Immunizations (Routine Recommendations)	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Tdap vaccine once, then a Td booster every 10 years
Flu (Influenza)	Annually
Pneumococcal - PCV13 and PPSV23	Ages 65+: 1-2 doses ;Discuss with your doctor
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B, Hepatitis C Virus (HCV) Infection Screening and Varicella (Chickenpox)	Discuss with your doctor

Florida Blue 

We're here to help:

Call Member Services

1-800-926-6565

(TTY dial 1-800-955-8770)

8:00 a.m. – 8:00 p.m. local time, seven days a week from October 1 - February 14, except for Thanksgiving and Christmas. From February 15 – September 30, we are open Monday – Friday 8 a.m. – 8 p.m. local time, except for Federal holidays.

Care Consultant Team

1-888-476-2227

Click BlueMedicareFL.com

Visit a Florida Blue Center

Find a location near you at **FloridaBlueCenters.com** or call 1-877-352-5830

Looking for Medicare coverage?

Call 1-877-465-1125

*Florida Blue plans cover Routine Preventive Colonoscopy. Refer to Prevention & Wellness Benefits.

** Medicare will pay for a one-time preventive ultrasound screening for those who are at-risk.

Florida Blue is an Independent Licensee of the Blue Cross and Blue Shield Association. Florida Blue is a PPO and RPPO Plan with a Medicare contract. Florida Blue HMO is an HMO Plan with a Medicare contract. Enrollment in Florida Blue or Florida Blue HMO depends on contract renewal.

82533 R1

2016 Preventive Care Guidelines: To discuss with your Health Care Provider

Women (age 65) Preventive Schedule Be sure to verify your benefits for preventive services covered by Medicare.

Routine Health Guide	
Annual Wellness and Routine Check-Up	Annually
Obesity Screening Diet/Physical Activity/BMI Counseling	Annually
Vision Exam, Glaucoma Screening, and Dental Exam	Annually
Recommended Diagnostic Checkups & Screenings for At-Risk Patients	
Lung Cancer Screening and Counseling	Ages 55-80; 30 pack smoker history, current smoker/quit within past 15 years
Bone Mineral Density Screening and prescribed medication for Osteoporosis	Women beginning at age 65 or older; and in younger women who have an increased risk
Diabetic Screening - Blood sugar, Hemoglobin A1C, LDL Cholesterol, Retinal Eye Exam, Kidney Function and Blood Pressure	Annually
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 doctor
Pap Test/Pelvic Exam	Age 65+: Once every 2 years; more frequently if at risk. Discuss with your doctor.
HIV and other Sexually Transmitted Infections (STIs) Screening & Counseling	Annually: Discuss with your doctor
Cholesterol Screening	Once every 5 years; more frequently if at risk
Skin Cancer Screening. Early detection of cutaneous melanoma, basal cell cancer, or squamous cell skin cancer in the adult general population.	Annually: Discuss with your doctor
Hearing Test	Discuss with your doctor
Guidance	
Screen/Counseling: Depression, Obesity, Tobacco, Alcohol & Substance Abuse	Every visit, or as indicated by your doctor
Fall Risk/Unintentional Injury /Domestic Violence Prevention/Urinary Problems	Every visit, or as indicated by your doctor
Medication List (including over-the-counter & vitamins) for potential interactions	Every visit, or as indicated by your doctor
Advance Directives: Living Will	Annually
Immunizations (Routine Recommendations)	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Tdap vaccine once, then a Td booster every 10 years
Flu (Influenza)	Annually
Pneumococcal - PCV13 and PPSV23	Ages 65+: 1-2 doses; Discuss with your doctor
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B, Hepatitis C Virus (HCV) Infection Screening and Varicella (Chickenpox)	Discuss with your doctor



Take the time to talk with your doctor to develop a plan to take control of your health.

Be sure to get your preventive screenings and flu vaccine.

*Florida Blue plans cover Routine Preventive Colonoscopy. Refer to Prevention & Wellness Benefits.

These guidelines are recommendations by the organizations listed below and were not developed by Florida Blue.

Sources:

- www.ahrq.gov
- www.medicare.gov
- www.cdc.gov
- www.uspreventiveservicestaskforce.org

Y0011_82533 0815R1 C: 08/2015
Y0011_82533 0815R1 EGWP C: 08/2015