

How to Use the Preventive Screenings Tool Kit

Providing health and wellness information is the first step in helping your employees better manage their health. Blue Cross and Blue Shield of Alabama offers the Preventive Screenings Tool Kit as a program guide to help you educate employees about the importance of preventive screenings for adults.



You are important to so many people.

Don't let them down.
Getting the right tests at the right time can increase chances of treatment success and survival. Ask your doctor what's right for you.

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Preventive Screenings and Immunization Guidelines for Adults

Early detection is the key to beating many illnesses and diseases. Getting the right tests at the right time can increase chances of treatment success and survival. Ask your doctor what's right for you.

What Age, What Test?

There are many medical tests for cancer and other conditions. The difficulty is determining what age to get each test, how to get it, and how often.

Preventive Guidelines for Good Health

FOR YOUR HEALTH

Preventive Screenings Tool Kit Materials

It's easy to download the Preventive Screenings Tool Kit Materials

- Go to AlabamaBlue.com/employers.
- Select "Forms and Materials."
- Enter the form number for the materials you'd like to download.
 - Download and print materials from the tool kit, or
 - Call your Marketing Representative to order materials for your wellness campaign

Form #	Title
FHV-47	Preventive Screenings: Women - Poster
FHV-48	Preventive Screenings: Men - Poster
FHV-49	Preventive Screenings: Family - Poster
FHV-51	Screenings & Immunizations - Brochure
FYH-30	What Age, What Test? - Handout
FYH-269	Preventive Guidelines - Wallet Card
IMG-001	Preventive Web Banner - Image
Link	Mammogram Screening - Video
Link	Cervical Cancer Screening - Video
Link	Colorectal Cancer Screening - Video

Facts About Preventive Screenings:

- Preventive care is one of the most important ways to improve the health of individuals and control rising healthcare costs.
- Many people do not know which preventive screenings are recommended or understand their risk factors. Educating your employees about preventive screenings empowers them to seek the appropriate screenings.
- Disease, injury and premature death can often be avoided if preventive screenings are delivered as recommended.
- Healthcare costs can be controlled by shifting spending from high-cost disease treatment to low-cost early detection or intervention.
- Take this opportunity to remind your employees which preventive screenings and benefits are covered on your plans, and consider adding coverage for preventive screenings that are not currently covered.

Here are a few suggestions for using the Preventive Screenings Tool Kit:

- Invite a local nurse or doctor to speak to your employees about the importance of preventive screenings for adults. Use the materials in this tool kit as class handouts.
- Schedule a health fair and offer some on-site screenings. Provide the brochures and wallet cards for employees visiting the health fair.
- Use the educational calendar and corresponding FYH pieces in your company newsletter, email blasts or staff meetings.
- Use several means of communication to spread the message about the importance of preventive screenings.
- Use a quiz to test your employees' knowledge. Draw a prize winner from the correct responses.
- Place the posters around your facility to remind employees to schedule preventive screenings.
- Download the web banner to your intranet site so employees get a reminder every time they sign on to their computer.
- Share the preventive screenings video links via email or post the links to your website.
 - Mammogram Screenings: <http://bcbsal.acms.com/mamogram/>
 - Cervical Cancer Screenings: <http://bcbsal.acms.com/cervical/>
 - Colorectal Cancer Screenings: <http://bcbsal.acms.com/coloscreening/>

Prevention Quarterly Calendar

We believe in the adage, “An ounce of prevention is worth a pound of cure.” Blue Cross has provided ideas for you to share with your employees throughout the year about maintaining health through awareness and early detection.

This quarterly calendar highlights national observance topics surrounding prevention and suggests accompanying educational materials (with title and stock number for easy downloads) to help you spread the word.

Quarter 1: Raising Your Awareness	Quarter 2: Preventive Screenings and Nutrition																								
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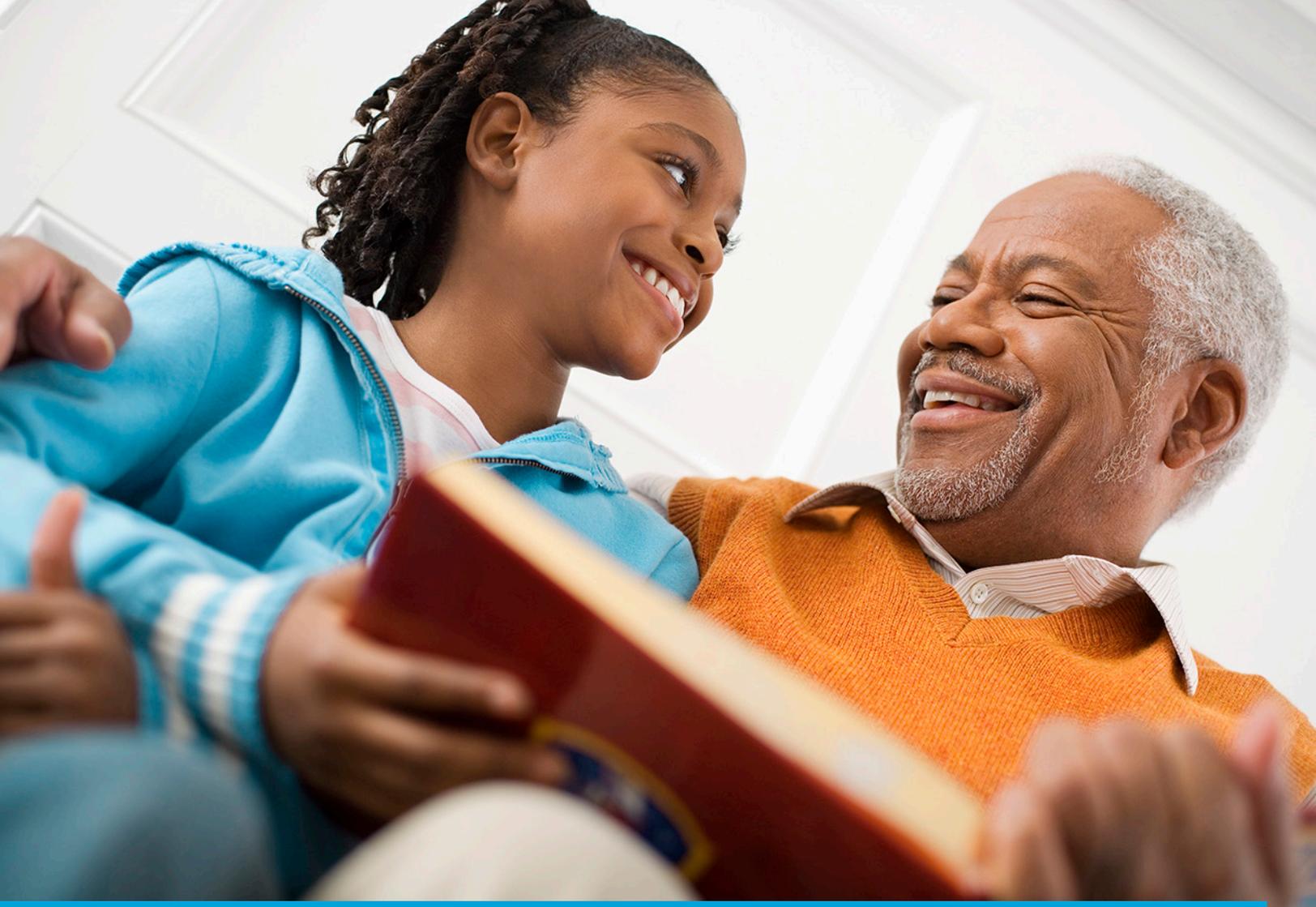


FHV-47 (Rev.8-2014)



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FHV-48 (Rev.8-2014)



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Preventive Screening and Immunization Guidelines for Adults

Early detection is the key to beating many illnesses and diseases. Getting the right tests at the right time can increase chances of treatment success and survival. Ask your doctor what's right for you.



Preventive Screening Guidelines for Adults

These preventive guidelines are based on national recommendations and may not be covered by your group plan. Please review your benefit plan for coverage information.

Test or Screening	Values	FREQUENCY (Frequency of screening may differ based on physician recommendations.)				
		18 - 39 YEARS	40 - 49 YEARS	50 - 59 YEARS	60 - 69 YEARS	70 AND UP
BLOOD PRESSURE						
Blood Pressure screening is recommended for all adults	<ul style="list-style-type: none"> Optimal: less than 120/80 Pre-hypertension: 120-149/80-89 High blood pressure: greater than 140/90 	Every 2 years if blood pressure is less than 120/80 OR annually if blood pressure is greater than 120/80	Every 2 years if blood pressure is less than 120/80 OR annually if blood pressure is greater than 120/80	Every 2 years if blood pressure is less than 120/80 OR annually if blood pressure is greater than 120/80	Every 2 years if blood pressure is less than 120/80 OR annually if blood pressure is greater than 120/80	Every 2 years if blood pressure is less than 120/80 OR annually if blood pressure is greater than 120/80
CHOLESTEROL						
Cholesterol screening is recommended for men ages 35 and older, and women and younger men who are at risk for cardiovascular disease.	<ul style="list-style-type: none"> Desirable: less than 200 mg/dL Borderline high: 200-239 mg/dL High cholesterol: greater than 240 mg/dL 	Women: As directed by physician				
		Men: As directed by physician until age 35, then every 5 years	Men: Every 5 years	Men: Every 5 years	Men: Every 5 years	Men: Every 5 years
DIABETES¹						
Fasting Plasma Glucose Test is recommended for adults with blood pressure greater than 135/80	<ul style="list-style-type: none"> Desirable: less than 100 mg/dL Impaired/Pre-diabetes: 100-126 mg/dL Diabetes: greater than 126 mg/dL 	Every 3 years OR as directed by physician				
OSTEOPOROSIS						
Dual-energy X-ray Absorptiometry (DXA) screening is recommended for women 65 or older, or younger if at high risk, or recommended by physician		If at high risk OR as directed by physician	If at high risk OR as directed by physician	If at high risk OR as directed by physician	Every 2 years or longer	Every 2 years or longer
COLORECTAL CANCER²						
High-Sensitivity Fecal Occult Blood Test (FOBT) or Stool Test or Fecal Immunochemical Test (FIT)		Screen earlier if at risk	Screen earlier if at risk	Annually	Annually	Annually
Flexible Sigmoidoscopy (Flex Sig) ^{3,4}		Screen earlier if at risk	Screen earlier if at risk	Every 5 years, with fecal occult blood testing every 3 years	Every 5 years, with fecal occult blood testing every 3 years	Every 5 years, with fecal occult blood testing every 3 years
Colonoscopy		Screen earlier if at risk	Screen earlier if at risk	Every 10 years	Every 10 years	Every 10 years
BREAST CANCER²						
Mammogram			Every 1-2 years OR as directed by physician	Every 1-2 years	Every 1-2 years	Every 1-2 years
Clinical Breast Examination (CBE) ⁵		As directed by physician				
CERVICAL CANCER						
Pap Smear		Every 1-3 years beginning at age 21	Every 1-3 years	Every 1-3 years	Every 1-3 years until age 65	
Pap Smear with HPV Test		Every 5 years beginning at age 30	Every 5 years	Every 5 years	Every 5 years until age 65	
TESTICULAR CANCER <i>The low incidence of testicular cancer and favorable outcomes in the absence of screening make it unlikely that clinical testicular examinations would provide important health benefits. Clinical examination by a physician and self-examination are the potential screening options for testicular cancer. However, little evidence is available to assess the accuracy, yield or benefits of screening for testicular cancer.</i>						

1 Screening is recommended for symptomatic adults or for asymptomatic adults with blood pressure greater than 135/80 mmHg.

2 Screen earlier if at risk.

3 The benefits of detection and early intervention for colorectal cancer decline after age 75 years.

4 Combined with fecal occult blood testing every 3 years.

5 The evidence is insufficient to assess additional benefits and harms of CBE beyond screening mammography in women age 40 years or older.

Adult¹ Immunizations

CDC Adult Immunization Schedule²

Immunization	Frequency
Influenza	1 dose annually
Pneumococcal	1-2 doses age 19-64 if high risk ³ ; 1 dose 65+ with or without risk factors
Tetanus/Diphtheria/Pertussis (Td/Tdap)	Substitute 1-time dose of Tdap for Td booster, then Td booster every 10 years age 65 and older
Human papillomavirus (HPV)	Females, 3 doses age 19-26 years. Males, 3 doses age 19-21 years
Measles, Mumps, Rubella (MMR)	1-2 doses age 19-49; 1 dose age 50+ if high risk ³
Varicella	2 doses
Zoster	1 dose age 60+
Hepatitis A	2 doses age 19+ if high risk ³
Hepatitis B	3 doses age 19+ if high risk ³
Meningococcal	1 dose unless otherwise recommended by physician; age 19+ if high risk ³

1 Age 19 and older

2 2011 Adult Immunization Schedule is approved by the Advisory Committee on Immunization Practices

3 Risk factor based on medical, occupational, lifestyle, or other indication

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What Age, What Test?

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There are many medical tests that can detect medical conditions. The difficulty is remembering what age to get what test. Here is a guide to help you.

Dental Recommended first visit by age 1

Annual (or more frequent) dental visits are recommended for adults and children. Your dentist can help you determine how often your teeth should be cleaned. Children should have their first dental visit by age one.

Vision Recommended first visit before age 5

Adults should have an eye exam every two years or as recommended by a health professional. Children should have their vision tested before age five.

Pap smear Recommended age 21 or older

All women age 21 or older should have a pap smear every one to three years. Women aged 30 or older may alternately choose to have a pap smear with the human papillomavirus (HPV) test every five years.

Mammogram Recommended age 40 and older

The American Cancer Society recommends annual mammograms for women age 40 and over. Women who are at a higher risk for breast cancer should talk to their health professional to determine what's best for them.

Clinical breast exam Recommended age 19 and older

The American Cancer Society recommends clinical breast exams every three years for women 19 to 39 years of age, and annually for women age 40 and over.

Continued on back.



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Blood cholesterol Recommended for men age 35 and older

To reduce risk of heart disease, periodic screening of cholesterol levels is recommended for men ages 35 and older, and women and younger men who are at risk for cardiovascular disease.

Diabetes Recommended age 18 and older

Adults who have symptoms of diabetes or who have no symptoms with blood pressure readings higher than 135/80 mmHg should have fasting blood glucose levels or hemoglobin A1C checked every three years. More frequent testing may be needed for individuals at higher risk.

Prostate Recommended age 50 and older

Men over 50 and high-risk men over 45 should speak with their health professional about their prostate health.

Colorectal Recommended age 50 and older

Individuals 50 years or older should be tested for colorectal cancer. Those who are at increased risk should speak to their doctor about earlier testing.

Osteoporosis Recommended for women age 65 and older

A bone density test is recommended for women under 65 who have at least one risk factor and women over 65 who have never had a bone density test. The interval between tests can be two or more years.

Early detection is the key to fighting many diseases. Getting the right tests at the right time can increase chances of treatment success and survival. Before having any tests performed, review your benefits to see which tests are covered by your plan.

Visit www.behealthy.com
for more information.

This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece. Always check your benefits for coverage information and limitations.



Preventive Guidelines for Good Health



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PREVENTIVE SCREENING GUIDELINES: WOMEN

Test	Age	Frequency
Cholesterol	As directed by physician	
Pap Smear with HPV test	Age 21+	Every 1-5 years
Mammogram	Age 40 or as directed by a physician	Every 1-2 years
Fecal Occult Blood Test	Age 50+	Annually
Sigmoidoscopy	Age 50+	Every 5 years
Colonoscopy	Age 50+	Every 10 years
Bone Density	Age 65+	Every 2 years or longer
Pneumococcal Vaccine	Age 65+	1 time

PREVENTIVE SCREENING GUIDELINES: MEN

Test	Age	Frequency
Cholesterol	Age 35+	Every 5 years
Fecal Occult Blood Test	Age 50+	Annually
Sigmoidoscopy	Age 50+	Every 5 years
Colonoscopy	Age 50+	Every 10 years
Pneumococcal Vaccine	Age 65+	1 time

6 MO. – 1 YEAR	EVERY 1-3 YEARS
Routine Physical Exam: Annually	Blood Pressure: Annually for high risk Less than 120/80optimal 120-149/80-89 prehypertension 140/90 or higher high blood pressure
Flu Shot: Annually	Pap: Age 21+; test every 1-3 years Pap + HPV: Age 30+; test every five years Breast: Age 40+; every 1-2 years or as directed by physician
Dental Exam: At least annually	Bone Density: Age 65+; if high risk before age 65 Fecal Occult Blood Test: Age 50+, Annually Eye Exam: Annually if high risk

EVERY 3-5 YEARS

Blood Glucose: Every 3 years if high risk – as recommended by physician

Up to 100 mg/dL normal
100-126 mg/dL impaired/prediabetes
126 or higher diabetes

Sigmoidoscopy: Age 50+, every 5 years

Cholesterol: Every 5 years; as recommended by physician. *See right-facing page for details.*

EVERY 5-10 YEARS

Colonoscopy:

Every 10 years after age 50

Tetanus:

Every 10 years

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CHOLESTEROL (Every 5 years or as recommended by physician)

Total Blood Cholesterol

Less than 200 mg/dL..... desirable
200-239 mg/dLborderline high
240 mg/dL..... high

LDL

Less than 100 mg/dL..... optimal
100-129 mg/dL ..near/above optimal
130-159 mg/dL borderline high
160-189 mg/dL high
190 mg/dL.....very high

HDL

Less than 40 mg/dL increases
your risk of heart disease.

An HDL level of 60 mg/dL or more
helps lower your risk of heart disease.

Triglycerides

Less than 150 mg/dL..... normal
150-199 mg/dL borderline high
200-499 mg/dL high
500 mg/dL or higher.....very high