Vaccines, checkups and health screenings

Working with your doctor to keep you up to date on vaccines, checkups and health screenings can help you stay healthy. Blue Cross and Blue Shield of North Carolina has compiled guidelines from health organizations to help you better manage you and your family’s health.

This information is based on advice from experts, including the U.S. Preventive Services Task Force and the American Academy of Pediatrics. This brochure is only a guide. You should work with your doctor to create a plan that’s right for you.

These services may be covered at no extra cost to you. Payment for these services is subject to each member’s preventive care benefits. Check your benefit booklet for details about your preventive care benefits.

To lower your costs, visit an in-network doctor for preventive care. Log in at BlueConnectNC.com to search for a doctor or facility and to compare costs of the services you need.

Babies and toddlers (0–35 months)

Your growing child should visit the doctor for regular checkups at the following ages:

- + 3 to 5 days
- + 2 to 4 weeks
- + 2 months
- + 4 months
- + 6 months
- + 9 months
- + 12 months
- + 15 months
- + 18 months
- + 24 months
- + 30 months
- + 36 months
- + 48 months

Routine screenings and tests

- + Vaccines
- + Length and weight
- + Physical exam
- + Developmental and behavioral assessment
- + Hemoglobin (at 12 months to test for anemia)
- + Hearing
- + Vision
- + Hearing screening
- + Dental exam

Your child’s doctor may also ask about these issues:

- + Diet and nutrition
- + Exercise
- + Accident and injury prevention
- + Car seat and seat belt use
- + Dental health
- + Effects of secondhand smoke
- + Smoking, drug use and safe sex practices for teenagers

If your child’s doctor does not ask about these issues, bring them up if you have questions or concerns.
Children and adolescents (3–18 years)
Children ages 3 to 18 should visit their pediatrician for a routine checkup each year.

Routine screenings and tests
+ Vaccines²
+ Height and weight (screening for healthy weight)
+ Blood pressure
+ Vision screening
+ Hearing
+ Developmental and behavioral assessment
+ Depression screening from age 11
+ Chlamydia and gonorrhea tests for sexually active girls
+ Sexually transmitted infections/HIV screening for adolescents ages 15–18
+ Physical exam

Adults (19+ years)
Adults ages 19 to 64 should visit their doctor for a routine checkup every one to three years and after 65, annually.

Routine screenings and tests
+ Height and weight (body mass index-screening for healthy weight)
+ Blood pressure
+ Vision screening
+ Chlamydia and gonorrhea tests for women ages 24 and younger
+ Cholesterol for men, starting at age 35
+ Mammogram every one to two years for women ages 50–74
+ Colon cancer screening³ from ages 50–75
+ Pap test every three years for women starting at age 21 or for women 30–65, Pap test every 5 years if done with human papillomavirus (HPV) test
+ Bone density test for women to screen for osteoporosis, as recommended by your doctor⁴
+ HIV screening, to age 65

Vaccines²
+ Hepatitis A and hepatitis B vaccine (at-risk adults)
+ Hib (haemophilus influenzae type b)
+ Human papillomavirus (HPV) protects against certain cancers in men and women
+ Influenza (flu) vaccine (every year)
+ Measles-mumps-rubella (MMR) vaccine (adults who have never received the vaccine)
+ Meningococcal (at-risk adults)
+ Pneumococcal vaccine (at-risk adults or once after 65)
+ Tetanus and diphtheria alone (Td) and Td with pertussis (whooping cough) vaccine (Tdap) – Tdap once, followed by Td every 10 years
+ Varicella (chickenpox) vaccine (adults who have never had chickenpox and never received the vaccine)
+ Zoster (shingles) vaccine (adults 50+, one dose)⁵

Your doctor may also ask about the following issues:
+ Nutrition
+ Exercise
+ Seat belt use
+ Dental health
+ Smoking, alcohol and drug use
+ Depression
+ Safe sex

If your doctor does not ask about these issues, bring them up if you have questions or concerns.

You should always discuss with your child’s doctor which health screenings are appropriate based on your child’s individual health needs. You should always discuss with your doctor which health screenings are right for you, based on your individual health needs. Treatment decisions are always between you and your doctor.

1. Services that are not delivered in an in-network, office-based setting or stand-alone clinic filing as an office visit and services that include additional procedures or diagnostic services may be subject to your copay, deductible and coinsurance.


3. One of the following screening tests is recommended for colon cancer screening: Annual fecal occult blood test (FOBT) or stool sample; flexible sigmoidoscopy, every five years; and total colon examination by colonoscopy, every 10 years.

4. To learn more, refer to the Blue Cross and Blue Shield of North Carolina (BCBSNC) medical policy on Bone Mineral Density Studies on bcbsnc.com.

5. The shingles vaccine is covered in accordance with the Food and Drug Administration (FDA) guidelines. Zostavax is FDA-approved for people over the age of 50.

BLUE CROSS®, BLUE SHIELD®, and the Cross and Shield symbols are registered marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association. U2986, 1/17
Non-Discrimination and Accessibility Notice

Discrimination is Against the Law

- Blue Cross and Blue Shield of North Carolina ("BCBSNC") complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
- BCBSNC does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

BCBSNC:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)

- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, contact Customer Service 1-888-206-4697, TTY and TDD, call 1-800-442-7028.

If you believe that BCBSNC has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

  BCBSNC, PO Box 2291, Durham, NC 27702, Attention: Civil Rights Coordinator- Privacy, Ethics & Corporate Policy Office, Telephone 919-765-1663, Fax 919-287-5613, TTY 1-888-291-1783 civilrightscoordinator@bcbsnc.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Civil Rights Coordinator - Privacy, Ethics & Corporate Policy Office is available to help you.


This Notice and/or attachments may have important information about your application or coverage through BCBSNC. Look for key dates. You may need to take action by certain deadlines to keep your health coverage or help with costs. You have the right to get this information and help in your language at no cost. Call Customer Service 1-888-206-4697.
ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-888-206-4697 (TTY: 1-800-442-7028).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. LLame al 1-888-206-4697 (TTY: 1-800-442-7028).

注意：如果您講廣東話或普通話，您可以免費獲得語言援助服務。請致電 1-888-206-4697 (TTY 1-800-442-7028)。


使用：如果您講廣東話或普通話，您可以免費獲得語言援助服務。請致電 1-888-206-4697 (TTY 1-800-442-7028)。


ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-206-4697 (телефон: 1-800-442-7028).


注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-888-206-4697 (TTY: 1-800-442-7028)まで、お電話にてご連絡ください。