



Wellness Guidelines for Adults

(65 and older)



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These recommendations are not a statement of benefits or benefits coverage.

Some of these services may require cost-sharing. Benefit coverage is decided by your group administrator. Please refer to your health benefits contract or Evidence of Coverage booklet for complete details of terms, limitations, and exclusions of your health care coverage. For coverage information and questions, please contact Customer Service at 1-800-645-3965 or call the number on the back of your insurance card.

Well checkups

Although there are no evidence-based recommendations for a well checkup, we encourage you to have a well checkup and physical exam annually to review your current health and any health related questions or concerns.

Immunizations

Keep up to date with all required immunizations/ vaccinations. More information is available at <http://www.cdc.gov/vaccines/schedules/index.html>.

Cholesterol screening (blood test)

Screening every 4 to 6 years.

Breast cancer screening

The United States Preventive Services Task Force (USPSTF) recommends mammography screening every other year until the age of 75.

Colorectal cancer screening

Until age 75, discuss cancer screening with your health care provider. Screening frequency depends on what type of screening you have.

Osteoporosis screening

Women ages 65 and older and men ages 70 and older should be tested; men ages 65-69 should discuss screening with their health care provider.

Depression screening

The United States Preventive Services Task Force (USPSTF) recommends screening for signs or symptoms of depression. This may be done during your well checkup.

Other screenings

Depending on your health history, your health care provider may suggest other screenings including but not limited to: diabetes, HIV, hepatitis C test, prostate cancer screening, lung cancer screening, or abdominal aortic aneurysm screening.

*This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions apply.

Tips to stay healthy and safe

- Eat a healthy diet and set a goal to maintain a healthy weight.
- Follow good oral hygiene, including tooth brushing with fluoride toothpaste, flossing daily and regular dentist visits. Clean dentures daily, and assess your gums for any signs of bleeding or irritation from denture wear.
- Exercise regularly as recommended by your health care provider.
- Review your medications, including over-the-counter medications, herbs and vitamins, with your health care provider at each visit.
- Use sensible sun protection/safety practices. Keep sunscreen available during the summer and for all outdoor activities.
- Check your home for risk of falls and other injuries, especially if there are older or disabled adults in the home.
- Properly install, test, and maintain smoke and carbon monoxide detectors.
- Use safety gear (helmets and pads) and follow safety rules for bike riding and other recreational activities.
- Keep the number for Poison Control handy ([1-800-222-1222](tel:1-800-222-1222)).

Resources:

American Cancer Society: www.acs.org

American Heart Association: www.heart.org

Centers for Disease Prevention and Control: <http://www.cdc.gov/>

United States Preventive Services Task Force:

<http://www.uspreventiveservicestaskforce.org/Page/Name/recommendations>

For Medicare Advantage members:

Independence Blue Cross offers Medicare Advantage Plans with a Medicare contract. Enrollment in Independence Medicare Advantage plans depends on contract renewal. Benefits and/or copayments/coinsurance may change on January 1 of each year.



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