



# Wellness Guidelines for Adults

(18 to 64)

Independence 



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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 for complete details of terms, limitations, and exclusions of your health care coverage. For coverage information and questions, please contact Customer Service at **1-866-681-7373** 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)

One screening between ages 17 -21, then every 4 to 6 years.

### Breast cancer screening

The United States Preventive Services Task Force (USPSTF) recommends mammography screening every other year beginning at age 50.

### Cervical cancer screening

Every 3-5 years for ages 21 through 65. Women who have had a hysterectomy should discuss cervical cancer screening with their health care provider.

### Colorectal cancer screening

Beginning at age 50, discuss cancer screening with your health care provider. Screening frequency depends on what type of screening you have.

### 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, osteoporosis, HIV, sexually transmitted diseases, hepatitis C test, prostate cancer screening, or lung cancer screening.

### For pregnant members

Please call **1-800-598-BABY (1-800-598-2229)** to enroll in our Baby BluePrints program and to find out how to get more information on screenings specific to pregnancy. As soon as you think you are pregnant, schedule your first prenatal appointment. An initial exam should be done within the first three months of pregnancy with follow-up examinations as recommended by your health care provider.

\*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.
- Exercise regularly as recommended by your health care provider.
- Don't use drugs, tobacco, or alcohol.
- 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](http://www.acs.org)

*American Heart Association:* [www.heart.org](http://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.



Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.