Guidelines to good health for adults

Below is a chart of screenings and vaccinations recommended for adults. Your doctor may have other recommendations depending on your medical history, lifestyle and where you live.

Men and women

Important screenings and exams	Age	How often	Completed?
Health exam (includes height and weight assessment, body mass index evaluation; review of medical and family history; personalized health advice, education and counseling)	18 years and older	Once a year	
Blood pressure screening	18 years and older	Every 2 years if blood pressure is at or less than 120/80	
		More frequently if diagnosed with high blood pressure — talk with your doctor	
Prediabetes and Type 2 diabetes screening	35 – 70 years	Overweight and obese adults ages 35 – 70 should be screened	
Lung cancer screening	50 – 80 years	Every year if at high risk	



Important screenings and exams	Age	How often	Completed?
Colorectal cancer screening	18 – 45 years	If at high risk, ask your doctor	
	45 – 75 years	Yearly stool-based test OR stool- and DNA-based test every 3 years OR flexible sigmoidoscopy every 5 years OR virtual colonoscopy every 5 years OR colonoscopy every 10 years OR flexible sigmoidoscopy every 10 years with fecal immunochemical test every year	
	76 – 85 years	Ask your doctor	
Glaucoma screening	By age 40	If at high risk, every 1 to 2 years	
HIV screening	13 – 64 years	At least once, and then every year after if at high risk; pregnant people should be screened	
	Women 24 years and younger	Every year if sexually active	
		Pregnant people should be screened	
Chlamydia and	Women 25 years and older	Every year if at high risk	
gonorrhea screening		Pregnant people at high risk should be screened	
	Men	Talk with your doctor, especially if your sexual history puts you at risk	
Cholesterol screening	18 years and older	Every 4 to 6 years; more often with risk factors	
Hepatitis C screening	18 years and older	At least once, and more frequently if at high risk; pregnant people need to be screened each pregnancy	

Men

Important screenings and exams	Age	How often	Completed?
Prostate cancer (prostate-specific antigen test)	55 – 69 years	Talk with your doctor	
	70 years and older	Should not be screened	

Women

Important screenings and exams	Age	How often	Completed?
Osteoporosis screening	50 – 64 years	Screening may be needed for women with certain risk factors; talk with your doctor	
	65 years and older	At least once; talk with your doctor	
Mammogram	40 – 74 years	Every 2 years	
Cervical cancer screening	21 – 29 years	Every 3 years with Pap test	
	30 – 65 years	Every 3 years with Pap test OR every 5 years with HPV test OR every 5 years with cotesting (Pap test and HPV test)	
	65 years and older	Ask your doctor	
Pregnancy (prenatal visits)	Childbearing	Weeks 4 – 27: Monthly Weeks 28 – 35: Every 2 weeks Week 36 to birth: Weekly More frequently for high-risk pregnancies	

Vaccinations for men and women

Important vaccinations	Age	How often	Completed?
HPV (human papillomavirus)	19 – 26 years	2 or 3 doses depending on age at initial vaccination	
	27 – 45 years	Talk with your doctor; possibly 2 or 3 doses depending on age at initial vaccination	
Tetanus, diphtheria and acellular pertussis (Tdap)	19 years and older	1 dose if not previously vaccinated, with a booster every 10 years; pregnant women need a dose in every pregnancy	
Flu	19 years and older	Every year	
COVID-19	19 years and older	At least 1 dose of current vaccine	
Measles, mumps and rubella (MMR)	19 – 64 years	1 – 2 doses	
Varicella (chickenpox)	19 – 43 years	2 doses in most cases	
Hepatitis A (HepA)	19 years and older	If at high risk, 2, 3 or 4 doses depending on vaccine	
Meningococcal A, C, W, Y (MenACWY)	19 years and older	If at high risk, 1 or 2 doses; booster doses if needed	
Meningococcal B (MenB)	19 – 23 years	Ask your doctor	
	24 years and older	If at high risk, 2 or 3 doses depending on vaccine and risk; booster doses if needed	
Hepatitis B (HepB)	19 – 59 years	2, 3 or 4 doses depending on vaccine	
	60 years and older	Talk with your doctor	

Important vaccinations	Age	How often	Completed?
Pneumococcal (PCV15, PCV20)	19 – 64 years	If at high risk	
	65 years and older	1 or 2 doses depending on vaccine and vaccination history	
Zoster recombinant (RZV, Shingrix)	19 – 49 years	Ask your doctor	
	50 years and older	2 doses	
Hib (Haemophilus influenzae type b)	19 years and older	1 or 3 doses depending on risk factor	

This grid is based on trusted primary sources in U.S. health care: Centers for Disease Control and Prevention, National Institutes of Health, U.S. Centers for Medicare & Medicaid Services, U.S. Department of Health and Human Services and U.S. Preventive Services Task Force. Talk with your doctor if you have questions about anything listed in this grid.



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Blue Cross Complete of Michigan:

- Provides free (no cost) aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
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 - Qualified interpreters
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 Blue Cross Complete of Michigan Member Grievances

P.O. Box 41789 North Charleston, SC 29423 **1-800-228-8554**

(TDD/TTY: 1-888-987-5832)

If you need help filing a grievance,
 Blue Cross Complete of Michigan
 Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal available at

ocrportal.hhs.gov/ocr/portal/lobby.jsf, by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW Room 509F, HHH Building Washington, D.C. 20201

1-800-368-1019

(TDD/TTY: 1-800-537-7697)

Complaint forms are available at: **hhs.gov/ocr/office/file/index.html**.

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Multi-language interpreter services

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call **1-800-228-8554** (TTY: **1-888-987-5832**).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-228-8554 (TTY: 1-888-987-5832)**.

Arabic:

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 8554-858-1-800 (TTY: 1-888-987-5832).

Chinese Mandarin: 注意: 如果您说中文普通话/国语,我们可为您提供免费语言援助服务。请致电: 1-800-228-8554 (TTY: 1-888-987-5832)。

Chinese Cantonese: 注意:如果您使用粤語,您可以免費獲得語言援助服務。請致電 **1-800-228-8554 (TTY: 1-888-987-5832)**。

Syriac:

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-228-8554 (TTY: 1-888-987-5832).

Albanian: VINI RE: Nëse flisni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në **1-800-228-8554 (TTY: 1-888-987-5832)**.

BCC.DISC002.20171127 COM-11REV101116 Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-228-8554 (TTY: 1-888-987-5832) 번으로 전화해 주십시오.

Bengali: লক্ষ্য করুন: যদি আপনি বাংলায় কথা বলেন, ভাহলে নিঃথরচায় ভাষা সহায়তা পেতে পারেন। 1-800-228-8554 (TTY: 1-888-987-5832) নম্বরে ফোন করুন।

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-228-8554 (TTY: 1-888-987-5832)**.

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-228-8554 (TTY: 1-888-987-5832)**.

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-228-8554 (TTY: 1-888-987-5832)**.

Japanese: 注意事項: 日本語を話される場合、 無料の通訳サービスをご利用いただけます。 1-800-228-8554 (TTY: 1-888-987-5832) まで、お電話にてご連絡ください。

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-228-8554** (**TTY: 1-888-987-5832**).

Serbo-Croatian: PAŽNJA: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite **1-800-228-8554** (TTY: **1-888-987-5832**).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-228-8554 (TTY: 1-888-987-5832)**.

