



HEALTH PLAN OF NEVADA  
A UnitedHealthcare Company



SIERRA HEALTH AND LIFE  
A UnitedHealthcare Company

## PREVENTIVE HEALTHCARE GUIDELINES

### INTRODUCTION

**Health Plan of Nevada and Sierra Health and Life suggest that health plan members get certain screening tests, exams and shots to stay healthy. This document gives our health plan members and doctors in the health plan's network guidelines about when and how often to get preventive care. This advice is not designed to take the place of your doctor's judgment about your own health care needs.**

**Please talk with your doctor about any questions or concerns. Your doctor may make changes to these guidelines based on your own needs. Please refer to your health plan's Evidence of Coverage and plan documents for details about the coverage and costs to you for these preventive services.**

**These guidelines are based on the recommendations by the United States Preventive Services Task Force (USPSTF), the Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians (AAFP), the American Academy of Pediatrics/Bright Futures and the American College of Obstetricians and Gynecologists (ACOG).**

## SECTION 1: GENERAL PREVENTIVE SCREENING TESTS AND EXAMS

### CHILDREN, TEENS AND ADULTS

Screening	Gender		Adults	Newborns, Children and/or Teens	Comments about screening test, exam or shot
	Male	Female			
Abdominal Aortic Aneurysm Screening Test	X	Does not apply.	X	This screening test is only for adults.	This screening test is a one time test for men between the ages of 65 to 75 years old who have ever smoked.
Alcohol Misuse: Screening and Behavioral Counseling Intervention in Primary Care to Reduce Alcohol Misuse.	X	X	X	These interventions are only for adults.	These are screening and behavioral counseling interventions to reduce alcohol misuse by adults, including pregnant women, in primary care settings.
Aspirin for the Prevention of Cardiovascular Disease	X	X	X	This is only for adults.	<p>This promotes the use of aspirin for men older than 45 years and younger men with risk factors such as high blood pressure, diabetes, or smoking.</p> <p>This promotes the use of aspirin for post menopausal women and younger women with risk factors such as high blood pressure, diabetes, or smoking.</p>
Breast Cancer Screening: Screening Mammography	Does not apply.	X	X	This screening test is only for adults.	This screening test is recommended every 1 to 2 years for women between the ages of 40 to 49 years old and then once a year for women between the ages of 50 to 74 years old. For women with high risk factors, a screening mammogram should begin 10 years earlier.
Breast Cancer Screening: Genetic Counseling and Evaluation for BRCA testing.	Does not apply.	X	X	This counseling is only for adults.	This counseling is for women whose family history is associated with an increased risk for deleterious mutations in BRCA1 or BRCA2 genes.
Chemoprevention for Breast Cancer	Does not apply.	X	X	This screening test is only for adults.	This discussion by a doctor focuses on the topic of chemoprevention with women at high risk for breast cancer and at low risk for adverse effects of chemoprevention. Doctors should inform the patients of the potential benefits and harms of chemoprevention.

Screening	Gender		Adults	Newborns, Children and/or Teens	Comments about screening test, exam or shot
	Male	Female			
Cervical Cancer Screening or Pap Smear	Does not apply.	X	X	X	This screening test is for women regardless of sexual activity. For women between the ages of 21 to 29 years old, a papanicolaou (PAP) smear should occur every two years. For women between the ages of 30 to 64 years old, a PAP smear should be conducted every three years, with three consecutive negative PAP smears. Women aged 65 years of age and older may choose to stop testing if they have had no abnormal PAP smears in the last 10 years. Women who have had a total hysterectomy may choose to stop Pap testing unless the surgery was for a cervical cancer or pre cancer. Women who have had a hysterectomy with ovaries remaining should continue to have bimanual pelvic exams to screen for abnormal growths within the pelvic cavity. Women at high risk who have not had 3 normal PAP smears in a row should have regular PAP smears every year (or every 2 years with the liquid PAP test).
Chlamydia Infection Screening	Does not apply.	X	X	X	This screening test is for all sexually active women aged 24 old and younger and other asymptomatic women at increased risk for infection.
Cholesterol Screening (Lipid Disorders Screening)	X	X	X	This screening test is only for adults.	This screening test is for all men aged 35 and older and women aged 45 years old and older. Men between the ages of 20 to 35 years old and women between the ages of 20 to 45 years old if they are at increased risk for coronary heart disease. Screening is recommended every 5 years and shorter intervals for people who have lipid levels close to those warranting therapy.
Colorectal Cancer Screening  (Fecal Occult Blood Test, Sigmoidoscopy and colonoscopy).	X	X	X	This screening test is only for adults.	This screening test is for all adults at average risk beginning at 50 years of age and older or 45 years of age and older for African Americans. Screening test choices include a Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Testing (FIT) every year, a Sigmoidoscopy every 5 years, a FOBT plus flexible sigmoidoscopy every 5 years, or a colonoscopy every 10 years. For high risk individuals, testing should begin earlier than 50 years of age and/or these individuals should undergo screening

					more often with increased risk factors.
<b>Screening</b>	<b>Gender</b>		<b>Adults</b>	<b>Newborns, Children and/or Teens</b>	<b>Comments about screening test, exam or shot</b>
	<b>Male</b>	<b>Female</b>			
Dental Caries: Prevention of Dental Caries in Preschool Children	X	X	Does not apply.	X	Primary care doctors should prescribe oral fluoride supplementation at currently recommended doses to preschool children older than 6 months of age whose primary water source is deficient in fluoride.
Depression: Screening for Depression in adults	X	X	X	This screening test is only for adults.	This screening is for adults for depression when staff-assisted depression care supports are in place to assure accurate diagnosis, effective treatment, and follow-up.
Depression: Major Depressive Disorder in Children and Adolescents	X	X	Does not apply.	X	This screening is for adolescents between the ages of 12 to 18 years old for major depressive disorder (MDD) when systems are in place to ensure accurate diagnosis, psychotherapy (cognitive-behavioral or interpersonal), and follow-up.
Diabetes Mellitus Screening (Type 2 Diabetes)	X	X	X	This screening test is only for adults.	This screening test is for asymptomatic adults with sustained blood pressure (either treated or untreated) that is greater than 135/80 mm Hg, or for asymptomatic adults who are obese and have additional risk factors such as hypertension (140/90 or greater) and hyperlipidemia.
Gonorrhea Screening	Does not apply.	X	X	X	This screening test is for all sexually active men and women, including pregnant women, if they are at increased risk for infection.
Healthy Diet: Behavioral Counseling in Primary Care to Promote a Healthy Diet	X	X	X	This screening test is only for adults.	This intensive behavioral dietary counseling is for adults with hyperlipidemia and other known risk factors for cardiovascular and diet-related chronic disease.  Intensive counseling can be done by primary care clinicians or by referral to other specialists, such as nutritionists or dietitians.
Hearing Screening	X	X	Does not apply.	X	This screening is for all newborn infants from birth to 90 days old. The hearing screening is usually done by the primary care doctor to see if the newborn needs to have any hearing corrected.
High Blood Pressure: Screening for High Blood	X	X	X	This screening test is only for adults.	This screening test is for adults 18 years of age and older.

Pressure					
Screening	Gender		Adults	Newborns, Children and/or Teens	Comments about screening test, exam or shot
	Male	Female			
HIV: Human Immunodeficiency Virus – Screening for teens and adults.	X	X	X	X	This screening is for all adults and adolescents at risk for human immunodeficiency virus (HIV).
Hypothyroidism Screening	X	X	Does not apply.	X	This screening test is for all newborn infants from birth to 90 days old. This should be included in the metabolic screening panel.
Obesity: Screening for Obesity in Adults	X	X	X	This screening test is only for adults.	This screening is for all adults for obesity. Annual height, weight and body mass index. Doctors should offer intensive counseling and behavioral interventions to promote sustained weight loss for obese adults.
Obesity: Screening for Obesity in Children and Adolescents	X	X	Does not apply.	X	This screening is for children aged 6 years of age and older for obesity. Doctors should offer comprehensive intensive behavioral interventions to promote improvement in weight status.
Osteoporosis Screening	Does not apply.	X	X	This screening test is only for adults.	This screening test is for all women age 65 years of age and older, and beginning at age 60 for women at increased risk for osteoporotic fractures.
Phenylketonuria (PKU) Screening	X	X	Does not apply.	X	This screening test is for all newborn infants from birth to 90 days old. This test is included in the metabolic screening panel.
Prostate Cancer Screening (digital rectal exam or prostate specific antigen test)	X	Does not apply.	X	This screening test is only for adults.	This exam is recommended for men beginning at 50 years of age who have a life expectancy of at least 10 years. For men at high risk (African descent and men with 1 <sup>st</sup> degree relative diagnosed at a young age) should begin testing at 45 years of age.
Rubella Screening By History of Vaccination or by Serology.	Does not apply.	X	X	X	This screening test is for all women of childbearing age at their first clinical encounter.
Sexually Transmitted Infections: Behavioral Counseling to Prevent Sexually Transmitted	X	X	X	X	High-intensity behavioral counseling is to prevent sexually transmitted infections (STIs) for all sexually active teens and for adults at increased risk for STIs.

Infections					
Screening	Gender		Adults	Newborns, Children and/or Teens	Comments about screening test, exam or shot
	Male	Female			
Sickle Cell Disease Screening	X	X	Does not apply.	X	This screening test is for all newborn infants from birth to 90 days old. This is included in the metabolic screening panel.
Syphilis Screening	X	X	X	X	All persons at increased risk for syphilis infection and all pregnant women.
Tobacco Use: Counseling and Interventions to Prevent Tobacco Use and Tobacco-Caused Disease in Adults and Pregnant Women.	X	X	X	This is only for adults.	Counseling is for all adults for tobacco use. Tobacco cessation interventions are provided to those who use tobacco products.
Visual Impairment in Children Ages 1 to 5 years old.	X	X	Does not apply.	X	This screening is done to find amblyopia, strabismus and defects in vision in children between the ages of 3 to 5 years old. Vision screening is done by the primary care doctor to see the need for eye refractions.
Wellness Examinations (Well baby, well child and well adult)	X	X	X	X	Wellness exams include an initial preventive medicine evaluation and management of an individual. This exam includes an age and gender appropriate history, exam, counseling/anticipatory guidance/risk factor reduction strategies and the ordering of laboratory/diagnostic procedures. These include well baby, well child and well adult visits.
Other Tests and Exams for children from birth to 21 years.	X	X	Does not apply.	X	Other tests and exams for children and teens from birth to 21 years include hearing tests, developmental/autism screening, lead screening, tuberculosis testing, dyslipidemia screening and the metabolic screening panel.  These tests and exams are covered according to individual benefit plans. Please refer to your health plan documents to determine you and your family's specific coverage.

## SECTION 2: PREVENTIVE SCREENING TESTS AND EXAMS

### PREGNANT WOMEN

Screening	Comments
Alcohol Misuse: Screening and Behavioral Counseling Interventions in Primary Care to Reduce Alcohol Misuse.	These screening and behavioral counseling interventions are to reduce alcohol misuse by pregnant women, in primary care settings.
Anemia, Iron Deficiency Anemia Screening	This screening test is for asymptomatic pregnant women.
Bacteriuria Screening	This screening test is for pregnant women at 12 to 16 weeks gestation or at the first prenatal visit.
Breastfeeding Counseling	This screening test is for pregnant women during pregnancy and after birth to promote and support breastfeeding.
Chlamydia Screening	This screening test is for all pregnant women 24 years of age and younger and for other asymptomatic pregnant women who are at high risk.
Gonorrhea Screening	This screening test is for all sexually active women, including pregnant women, if they are at increased risk for infection (i.e., if the woman is under 25 years of age or has other individual or population risk factors).
Hepatitis B Virus Infection Screening	This screening test is for all pregnant women at their first prenatal visit.
HIV – Human Immunodeficiency Virus Infection Screening.	This screening is for all adults and adolescents at risk for human immunodeficiency virus (HIV), including pregnant women.
Rh Incompatibility Screening	This screening test is for all pregnant women during their first prenatal visit. Repeat testing is for all unsensitized Rh (D) negative women at 24 to 48 weeks' gestation, unless the biological father is known to be Rh (D) negative.
Rubella Screening By History of Vaccination or by Serology.	This screening test is for all women of childbearing age at their first clinical encounter.
Syphilis Screening	This screening test is for all pregnant women.
Tobacco Use: Counseling and Interventions to Prevent Tobacco Use and Tobacco-Caused Disease in Adults and Pregnant Women.	This screening test is to screen for tobacco use and provide pregnancy-tailored counseling for pregnant women who smoke.
Wellness Visits (Prenatal & Postpartum)	This screening test is for pregnant women.

## SECTION 3: IMMUNIZATIONS/SHOTS

### ADULTS, CHILDREN AND TEENS

**Please refer the most current immunization (shot) recommendations to find out about the shots that adults and teens should get. These recommendations are revised each year by Centers for Disease Control and Prevention (CDC). For more information, please go to the CDC web site at:**

**[www.cdc.gov](http://www.cdc.gov).**