

- Risk Assessment for STD/HIV and Substance Abuse at age 12-21
- Cholesterol Screening
- Development/Mental Assessment
- Height & Weight & BMI
- Health Education/Age Appropriate Guidance
- Dental Exam
- Nutrition/Diet Assessment
- Scheduled return visit

At every visit be sure to talk to your primary care doctor about the need for an OB/GYN exam.

Adults need the following health checks once a year after age 20:

- Health History
- Physical Exam
- Vision & Hearing
- Pap Smear for Women
- Cholesterol Screening (every 5 years)
- Tetanus Vaccination (every 10 years)
- Mental Health Assessment/ Substance Abuse Screening
- Height & Weight & BMI
- Health Education/Age Appropriate Guidance
- Dental Assessment
- Blood Pressure
- Nutrition/Diet Assessment

Women ages 22 to 49 need every year:

- TB Risk Screening, at least once
- Gyn office visit, must include a clinical breast exam
- Tdap Booster Vaccination
- Dental Assessment
- TD Vaccine (every 10 years)

Men ages 22 to 49 need every year:

- TB Risk Screening, at least once
- Dental Assessment
- Tdap Booster Vaccination
- TD Vaccine (every 10 years)

Women ages 40 to 50:

- Mammogram, baseline at 40, then every year

Men after age 50 need every year:

- Pneumococcal Vaccine, once after age 65
- Zostavax Vaccine, once after age 60
- Flu Vaccination
- Vision Exam (or referral)
- TD Vaccine (every 10 years 50-64 if Tdap given)
- TD Vaccine (every 10 years after age 65)
- PSA (based on physician's discretion)
- Osteoporosis Clinical Risk Assessment (based on physician's discretion)
- Colorectal Cancer Screening (every 5 to 10 years)

Women after age 50 need every year:

- Gyn office visit, with a clinical breast exam
- Pap Smear
- Mammogram
- Pneumococcal Vaccine, once after age 65
- Zostavax Vaccine, once after age 60
- Flu Vaccination
- Vision Exam (or referral)
- Osteoporosis Clinical Risk Assessment (based on physician's discretion)
- Colorectal Cancer Screening (every 5 to 10 years)

Based on your personal health your primary care doctor may request more frequent or additional tests.



JOHNS HOPKINS
M E D I C I N E
US FAMILY HEALTH PLAN

For more information visit our Web site:
hopkinsmedicine.org/usfhp/education/

US Family Health Plan at Johns Hopkins
Health Education Program
6704 Curtis Court
Glen Burnie, MD 21060
1-866-391-1870

Coverage for preventive services is limited to TRICARE Prime benefits.

Good *for* YOU

US Family Health Plan Prevention Guidelines

We want all US Family Health Plan Members to have a healthy start. The first step is to schedule a visit with your Primary Care Provider today. Then follow these Prevention Guidelines to keep healthy. After each visit with your doctor, place a check in the box for each health service completed.



JOHNS HOPKINS
M E D I C I N E
US FAMILY HEALTH PLAN

Your child needs the following health checks from birth to 24 months:

- Health & Family History
- Developmental/Mental Assessment
- Physical Exam
- Length/Weight/Head Circumference
- Vision & Hearing
- Health Education/Age Appropriate Guidance
- Dental Assessment
- Nutrition/Diet Assessment
- Minimum of 6 visits between 0-15 months

At **birth** your child needs:

- Hepatitis B vaccination #1
- 1st Hereditary/Metabolic Screen
- Perinatal History

At **2 months** your child needs:

- Haemophilus influenza type b Vaccination #1 (Hib)
- Hepatitis B Vaccination #2
- Diphtheria, Tetanus, and Pertussis Vaccination #1 (DTaP)
- Polio Vaccination #1
- Prevnar Vaccination #1
- Rotavirus Vaccination #1
- 2nd Hereditary/Metabolic Screen (if not yet given)

At **4 months** your child needs:

- Hib Vaccination #2
- DTaP Vaccination #2
- Prevnar Vaccination #2
- Hepatitis B Vaccination #2 (If #2 not given at 2 month visit)
- Polio Vaccination #2
- Rotavirus Vaccination #2

At **6 months** your child needs:

- Hib Vaccination #3
- Polio Vaccination #3
- Hepatitis B Vaccination #3
- DTaP Vaccination #3
- Prevnar Vaccination #3
- Flu Vaccination
- Rotavirus Vaccination #3
- Lead Risk Assessment

At **9 months** your child needs:

- Any Vaccinations missed from birth to 6 months
- Flu Vaccination
- Lead Risk Assessment

At **12 months** your child needs:

- Chicken Pox Vaccination (VZV)
- Hib Vaccination #4
- Prevnar Vaccination #4
- TB Risk Assessment
- Lead Blood Test #1
- Hgb/Hct (anemia blood test) #1
- MMR (Measles, Mumps, and Rubella) #1

At **15 months** your child needs:

- DTaP Vaccination #4
- Hib Vaccination #4
- Lead Risk Assessment
- TB Risk Assessment

At **18 months** your child needs:

- Any Vaccinations missed from birth to 15 months
- Prevnar Vaccination #4 (if not yet given by 12 months)
- Lead Risk Assessment
- TB Risk Assessment

Your child needs the following health checks from age 2 to 5 years:

- Health & Family History
- Vision & Hearing
- Nutrition/Diet Assessment
- Dental Assessment
- One Well Child visit each year
- Developmental/Mental Assessment
- Length/Weight
- Health Education/Age Appropriate Guidance

At **2 years** your child needs:

- Lead Blood Test #2
- Anemia Blood Test #2
- TB/Cholesterol Risk Assessment
- Dental Exam
- Hepatitis A
- Flu Vaccination
- Vaccinations if needed

At **3 years** your child needs:

- Lead Risk Assessment
- TB Risk Assessment
- Dental Exam
- Pneumococcal Vaccine (if high risk)
- Flu Vaccination
- Blood Pressure
- Cholesterol Screening

At **4 years** your child needs:

- DTaP Vaccination
- Polio Vaccination
- MMR Vaccination # 2
- Flu Vaccination
- Chicken Pox Vaccination (VZV)
- TB Risk Assessment
- Lead Risk Assessment
- Blood Pressure

- Dental Exam
- Cholesterol Screening

At **5 years** your child needs:

- DTaP Vaccination (if not yet given)
- Polio Vaccination (if not yet given)
- MMR Vaccination # 2 (if not yet given)
- Flu Vaccination
- Chicken Pox Vaccination (if not yet given)
- TB Risk Assessment
- Lead Risk Assessment
- Blood Pressure
- Dental Exam
- Cholesterol Screening

Check with your doctor to make sure all vaccinations are up to date before your child turns six.

Between 6 to 20 years of age (you need the following every year):

- Health & Family History Update
- Physical Exam
- Vision & Hearing Assessment
- Blood Pressure
- Pap Smear (for women starting at age 18 or younger if sexually active)
- Referrals for identified problems
- TB Risk Assessment
- MMR # 2 (if not given by age 13)
- Tetanus Vaccination (if needed)
- Flu Vaccination
- Pneumococcal Vaccine (if at high risk)
- Human Papillomavirus Vaccination (HPV) If needed for women age 11 or 12
- Meningococcal Vaccine
- Varicella Vaccine (if needed)