

Adults need the following health checks once a year after age 20 (or as indicated):

- Health History
- Physical Exam
- Vision & Hearing
- Pap Smear for Women (every 1 to 3 years)
- Cholesterol Screening (every 5 years)
- One Tdap vaccine, then Td vaccine (every 10 years)
- Mental Health Assessment/ Substance Abuse Screening
- Height & Weight & BMI
- Health Education/Age Appropriate Guidance
- Dental Assessment and Oral Exam
- Blood Pressure Screening
- Nutrition/Diet Assessment

Women ages 21 to 49 need every year (or as indicated):

- TB Risk Screening, at least once
- Gyn office visit, may include a clinical breast exam
- Colorectal Cancer Screening if physician determines high risk

Men ages 21 to 49 need every year (or as indicated):

- TB Risk Screening, at least once
- PSA (based on physician's discretion)
- Colorectal Cancer Screening if physician determines high risk

Women ages 40 to 50 (or as indicated):

- Mammogram, baseline at 40, then every year

Men after age 50 need every year (or as indicated):

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

Women after age 50 need every year (or as indicated):

- Gyn office visit, may include a clinical breast exam
- Pap Smear
- Mammogram
- Pneumococcal Vaccine, once after age 65
- Zoster Vaccine, once after age 60
- Flu Vaccine
- Td Vaccine (every 10 years 50-64 if Tdap given)
- Td Vaccine (every 10 years after 65)
- 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.

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.



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.



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 Vaccine #1
- 1st Hereditary/Metabolic Screen
- Perinatal History

At 2 months your child needs:

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

At 4 months your child needs:

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

At 6 months your child needs:

- Hib Vaccine #3
- Polio Vaccine #3
- Hepatitis B Vaccine #3
- DTaP Vaccine #3

- Prevnar Vaccine #3
- Flu Vaccine
- Rotavirus Vaccine #3
- Lead Risk Assessment

At 9 months your child needs:

- Any Vaccines missed from birth to 6 months
- Flu Vaccine
- Lead Risk Assessment

At 12 months your child needs:

- Chicken Pox Vaccine (VZV)
- Hib Vaccine #4
- Prevnar Vaccine #4
- Hepatitis A Vaccine
- 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 Vaccine #4
- Lead Risk Assessment
- TB Risk Assessment

At 18 months your child needs:

- Any Vaccines missed from birth to 15 months
- Prevnar Vaccine #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 Risk Assessment
- Dental Exam
- Meningococcal Immunization (2-10 years old)
- Hepatitis A Vaccine
- Flu Vaccine
- Vaccines if needed

At 3 years your child needs:

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

At 4 years your child needs:

- DTaP Vaccine
- Polio Vaccine
- MMR Vaccine # 2
- Flu Vaccine
- Chicken Pox Vaccine (VZV)
- TB Risk Assessment
- Lead Risk Assessment
- Blood Pressure Screening
- Dental Exam
- Cholesterol Screening

At 5 years your child needs:

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

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

Between 6 to 20 years of age (or as indicated):

- Health & Family History Update
- Physical Exam
- Vision & Hearing Assessment
- Blood Pressure Screening
- TB Risk Assessment
- Meningococcal Vaccine (11-12 years old)
- HPV Vaccine (11-12 years old / Males - Gardasil only)
- Pelvic Exam with Pap Smear (for women starting at age 18 or younger if sexually active)
- Referrals for identified problems
- MMR # 2 (if not given by age 13)
- Tetanus Vaccine (if needed)
- Flu Vaccine
- Pneumococcal Vaccine (if at high risk)
- Human Papillomavirus Vaccination (HPV) If needed for women age 11 or 12
- Meningococcal Immunization Booster (16 years old)
- Varicella Vaccine (if needed)
- Cholesterol Screening, once every 5 years, beginning at age 18
- Development/Mental Assessment
- Height & Weight & BMI
- Health Education/Age Appropriate Guidance
- Dental and Oral Exam
- Nutrition/Diet Assessment
- Scheduled return visit