

# General Preventive Care for Adults

Take charge of your health with preventive care benefits available through your primary care provider (PCP) usually at no cost-share.\*

**All adults should find an in-network primary care doctor and consult the chart below to start a discussion about which preventive services and screenings are**

<b>Annual wellness physical exam</b>	<b>Vaccinations:</b>	Influenza- yearly <a href="#">link to full CDC schedule</a>
<b>Screenings and/or counseling for:</b> <ul style="list-style-type: none"> <li>Blood pressure</li> <li>Diabetes</li> <li>Anemia</li> <li>Skin check</li> <li>Depression, suicide, family violence</li> <li>Hepatitis C, aged 18-79</li> <li>HIV, aged 15-65</li> <li>Sexually transmitted infection (STI)</li> <li>Dental and periodontal disease</li> </ul>	<b>Risk based screening and/or counseling for:</b> <ul style="list-style-type: none"> <li>Alcohol and drug misuse</li> <li>Tobacco use</li> <li>Obesity and diet</li> <li>Hepatitis B, Tuberculosis</li> <li>Cholesterol, lipid disorders</li> <li>Heart disease, statin use</li> <li>Type 2 diabetes</li> <li>Retinopathy if diabetic</li> <li>Dementia</li> </ul>	<b>Preventive Medications:</b> <ul style="list-style-type: none"> <li>Inhaled corticosteroids if diagnosed with asthma</li> <li>Insulin and other glucose lowering agents, A1c testing and glucometer if diabetic</li> <li>ACE inhibitors, beta-blockers, aspirin if at high risk and meet specific criteria</li> <li>PrEP HIV prevention meds if meet certain criteria</li> <li>Statins if high risk and 40+</li> </ul>

Additional Preventive Care to Discuss with Your Doctor Based on Age and Risk Factors\*\*

<b>Assigned female at birth</b>  <b>Age 19-39:</b> <ul style="list-style-type: none"> <li>Clinical breast exam</li> <li>Mammogram 1 baseline</li> <li>BCRA 1 and 2 testing if high risk</li> <li>Pelvic exam</li> <li>1 pap test every 3 years (starting at 21 until 65)</li> </ul> <b>Age 40-74:</b> <ul style="list-style-type: none"> <li>1 Pap test every 3 years (65+ stop if you've had 3 normal in a row the past 10 years)</li> <li>Mammogram, as recommended</li> <li>Bone density screening, if post menopausal</li> </ul>	<b>Assigned male at birth</b>  <b>Age 19-39:</b> <ul style="list-style-type: none"> <li>Testicular exam</li> </ul> <b>Age 40-64:</b> <ul style="list-style-type: none"> <li>Prostate Cancer exam</li> <li>Testicular Exam</li> </ul>	<b>All genders</b>  <b>Age 40-64:</b> <ul style="list-style-type: none"> <li>Colon cancer screening, 45-75</li> <li>Lung cancer screening, 50-80</li> <li>Shingles vaccine, 50+</li> </ul> <b>Age 65 and older:</b> <ul style="list-style-type: none"> <li>Fall prevention</li> <li>Glaucoma test</li> <li>Hearing impairment</li> <li>Pneumococcal vaccine</li> </ul>
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Refer to your summary plan document at [accessrga.com](https://accessrga.com) to log in to your RGA account. Contact our Customer Care by calling the number on the back of your Member ID card, Mon-Fri 5am-6pm PT for more information on your preventive care benefits.

\*Consult with your doctor to determine what preventive care is right for you based on your medical history. Not all services listed may qualify as a part of your preventive care benefits. Services performed to diagnose or treat symptoms or provide routine care for chronic conditions may be subject to separate charges. Always ask your doctor about the type of services being rendered at your visit. For additional resources: <http://health.gov/myhealthfinder>

\*\*age recommended for those at regular risk as of May 25, 2023, by U.S Preventive Service Task Force. Content Sourced from the Office of Disease and Prevention and Health Promotion at [Healthcare.gov](https://www.healthcare.gov), PublicHealth at [PublicHealth.org](https://www.PublicHealth.org), the Centers for Disease Control and Prevention (CDC), and the U.S. Preventive Services Task Force [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org).

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# Preventive Care Basics for Children and Those Who Are or Who May Become Pregnant

Take charge of your health with preventive care benefits available through your primary care provider (PCP) usually at no cost-share.\*

## Preventive Services

Most health plans include coverage for certain preventive services when visiting an in-network provider. Preventive care benefits vary with age and personal health history. Use the charts below to start a discussion with your doctor about which preventive services and screenings are right for you.\*

### General Preventive Care for Children\*\*

#### Find an in-network pediatrician before baby's birth

Even when your child isn't sick, it's important for them to see their doctor for regular checkups.

#### Children may receive age-appropriate preventive exams and counseling, including:

- Well-child exams and vaccinations as shown on the next page
- Newborn hearing, jaundice, PKU, metabolic, and select other screenings (up to 62 days of age)
- Skin cancer counseling (ages 6 months-24 years for those with fair skin type)
- Dental cavities (up to age 6, starting with first tooth)
- Scoliosis, adolescent idiopathic
- Hepatitis B/C, HIV, and Cholesterol screening (if at risk)
- Eye exam (ages 3-5)
- Obesity (starting at age 6)
- Anemia and lead poisoning screenings
- Anxiety, depression, abuse, suicide risk screenings
- Alcohol and drug misuse
- Sexually transmitted disease screenings

#### Preventive Medications:

- Inhaled corticosteroids if diagnosed with asthma
- Insulin and other glucose lowering agents, A1c testing and glucometer

### General Preventive Care for Those Who Are or Who May Become Pregnant\*\*

#### Find an in-network primary care provider (PCP) and obstetrician/gynecologist (OB/GYN) before pregnancy

#### Screenings and counseling for:

- Gestational diabetes and anemia
- Hepatitis B and HIV
- Preeclampsia prevention
- Rh incompatibility
- Bacterial vaginosis
- Expanded tobacco use
- Healthy pregnancy weight
- Neural tube defects, ultrasound, and home uterine monitoring (if high risk)
- Breastfeeding support and counseling
- Maternal depression screenings for mothers at well-baby visits

#### Preventive Medications:

- Birth control
- Folic acid supplements

#### Procedures:

- Tubal Ligation

calling the number on the back of your Member ID card, MyRGA.com or 1-800-453-6747 for more information on your preventive care benefits.

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# Well-child Exam and Immunization Schedule

Guidelines from the Centers for Disease Control and Prevention (CDC)

<b>2 to 5 Days Old</b>	HepB <sup>1</sup>	<b>15-18 Months</b>	DTaP <sup>4</sup> Any 12-month immunizations not already given HepB <sup>3</sup> VAR <sup>1</sup>	<b>11 -12 Years</b>	Tdap Flu shot HPV <sup>1</sup> MCV
<b>2 Months</b>	HepB <sup>2</sup> RV <sup>1</sup> DTaP <sup>1</sup> Hib <sup>1</sup> PCV <sup>1</sup> IPV <sup>1</sup>	<b>24 Months</b>	HepA Flu Shot	<b>13-15 years</b>	HPV <sup>2</sup> Flu Shot
<b>4 Months</b>	RV <sup>2</sup> DTaP <sup>2</sup> Hib <sup>2</sup> PCV <sup>2</sup> IPV <sup>2</sup>	<b>3 Years</b>	Flu Shot	<b>16 years</b>	MCV <sup>2</sup> Chickenpox blood test
<b>6 Months</b>	PCV <sup>3</sup> DTaP <sup>3</sup> IPV <sup>3</sup> Flu Shot	<b>4-6 Years</b>	Chickenpox Flu shot DTaP <sup>5</sup> IPV <sup>4</sup> MMR <sup>2</sup> VAR <sup>2</sup>	<b>5-18 Years</b>	Annual Flu shot
<b>9-12 Months (1 year)</b>	Hib <sup>4</sup> PCV <sup>4</sup> COVID-19				

## IMMUNIZATION DEFINITIONS + KEY

**Chickenpox:** Varicella (Not before first birthday)

**DTaP:** Diphtheria, tetanus, acellular pertussis/whooping cough (5-dose series)

**Flu shot:** Influenza (Annual)

**HepA:** Hepatitis A

**HepB:** Hepatitis B (3-dose series)

**Hib:** Haemophilus influenza b (3- or 4-dose series)

**HPV:** Human papillomavirus (2-dose series)

**IPV:** Inactivated poliovirus (4-dose series)

**PCV:** Pneumococcal conjugate (4-dose series)

**MCV:** Meningococcal disease

**MMR:** Measles, mumps, rubella (After age 1)

**RV:** Rotavirus (3-dose series)

**VAR:** Varicella (2- dose series)

**TDAP:** Tetanus, Diphtheria, & acellular pertussis

1 First dose    2 Second dose    3 Third dose    4 Fourth dose

<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

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