

Preventive Care Guidelines Summary

For Healthy Adults The gray shaded areas show the age range when the service is needed.

AGE		18	25	30	35	40	45	50	55	60	65	70	75 and UP	
SCREENING	For Men and Women:													
	Blood Pressure	Have your blood pressure checked at least every 2 years. A healthy blood pressure is less than 120/80. People with high blood pressure should be tested for diabetes.												
	Body Mass Index (BMI)	Check your BMI. If your BMI is over 25, talk to your provider about your health risks and if you should be screened for diabetes.												
	Tobacco Use	If you smoke or use tobacco, talk to your provider about quitting.												
	Colon Cancer													You should be screened for colon cancer. If you have a family history or other risk factors, you should be screened earlier. You and your provider can discuss the different screening options.
Other Screenings	Depending on your age, sex and other factors, your provider may advise additional screening exams or tests for other kinds of cancer.													
VACCINES	Tetanus-Diphtheria-Pertussis (Td or Tdap) Booster	You should get a Tdap booster once, and then a booster every 10 years.												
	Pneumococcal Vaccine												Most people need just one dose. Some need a repeat dose after 5 years.	
	Influenza Vaccine	Annually												
	Zoster Vaccine													Shingles vaccine (once)
	Other	Some adults need an additional measles, mumps and rubella (MMR) or chicken pox vaccine. Ask your provider.												
COUNSELING	Improving Health	<ul style="list-style-type: none"> • If you engage in harmful behaviors such as alcohol or drug use, unsafe sex or behaviors that put you or others at risk for infection or injury, your provider can provide important recommendations. • Discuss your needs for dental, vision and hearing care with your provider. • You may improve your health if you work with your provider to understand healthful nutrition and exercise, the importance of using seat belts and motorcycle helmets and the need to use sunscreen and ultraviolet (UV) protective eyewear. • If you have children, protect them from firearms and tobacco smoke exposure and learn to use car seats correctly. 												
	Preventive Medications	<ul style="list-style-type: none"> • Women of childbearing age should ask their providers about taking folic acid. • If you are a man age 45 or older, a woman age 55 or older or if you have risk factors for heart disease, ask your provider about daily aspirin therapy. 												

Such services are funded in part with the State of New Mexico.

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AGE		18	25	30	35	40	45	50	55	60	65	70	75 and UP
SCREENING	For Men:												
	Cholesterol	Ask your provider if earlier screening is right for you.			Men without cardiac risk factors should have their cholesterol checked at least every 5 years beginning at age 35.								
	Prostate Cancer Screening Discussion								Discuss the risks and benefits of prostate screening with your provider yearly.				
	Abdominal Aortic Aneurysm Ultrasound	If you smoke or have ever smoked, ask your provider if this test is right for you.									One time		
SCREENING	For Women:												
	Cholesterol	Ask your provider if earlier screening is right for you.				Women at above-average risk for heart disease should check their cholesterol at least every 5 years.							
	Mammography					Starting at age 40, mammograms are recommended every 1 to 2 years. Talk with your provider about when you should start.					After age 74, discuss with your provider.		
	Pap Test		Women age 21 to 65 should be screened. Discuss with your provider how often you should have this test. You should have a Pap test every 3 to 5 years unless you've had a hysterectomy.										
	Chlamydia	Periodic	Women age 24 or younger (or with risk factors) should be screened.										
	Osteoporosis										Screening usually begins at age 65. Some women need to start earlier.		

These guidelines adapted from the recommendations of national organizations (ahrq.gov, aafp.org, aap.org). They apply to adults at average risk for disease. Adults at higher risk may need additional care; ask your provider. Some actions may be recommended, but may not be covered as a benefit in your specific health plan. To learn if a service is covered, call the Member Services number on your ID card.

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

Blue Cross and Blue Shield of New Mexico complies with applicable federal civil rights laws and does not discriminate on the basis of health status or need for services or race, color, national origin, age, disability, sex, ancestry, spousal affiliation, sexual orientation and/or gender identity. See our full non-discrimination notice and contacts.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jii'eh, éi ná hóló, kojí' hódíílnih 1-855-710-6984 (TTY: 711).