HealthComp®
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Prevention Guidelines

FOR CHILDREN AGES 0 - 2 YEARS

At the well-baby exam you may get advice on your child's safety, good health, healthy eating, and development. If you are a first-time parent, are have a high risk pregnancy, or want to learn about feeding, circumcision or well-baby care. Your baby may get vaccines, these screenings or added screenings, such as tuberculin and/or sickle cell anemia testing, if appropriate.

IMMUNIZATIONS				
DTaP (diphtheria, tetanus, acellular pertussis)	2 mos.	4 mos.	6 mos.	15-18 mos.
Influenza	One dose, annually starting at 6 mos.			
Hepatitis A	After age 2		Second dose 6 mos. after first	
Hepatitis B	0-2 mos.	1-4 mos.	6-18 mos.	
Hib (Haemophilus influenza type b)	2 mos.	4 mos.	6 mos.	12-15 mos.
Rotavirus Vaccine	2 mos.	4 mos.	6 mos.	
IPV (inactivated poliovirus vaccine)	2 mos.	4 mos.	6-18 mos.	
MMR (measles, mumps, rubella)	12-15 mos.		4-6 yrs.	
PCV (pneumococcal conjugate vaccine)	2 mos.	4 mos.	6 mos.	12-15 mos.
Varicella (chickenpox)	12-18 mos.		4-6 yrs.	

SCREENING EXAMS	
Newborns that leave the hospital within 48 hours after birth, need to be seen by a doctor within two to four days after being born or as recommended by your pediatrician.	
Length, weight, head circumference, blood tests, and antibiotic eye drops, as indicated.	First week of life, as recommended by your doctor thereafter.
Well Baby Checkups Height, weight, vaccinations and blood tests	As recommended by your doctor.
Development and behavior	As recommended by your doctor.
Hearing	As recommended by your doctor.
Vision	As recommended by your doctor.
Oral Health	As recommended by your doctor.

DENTAL HEALTH:

Clean your baby's gums and teeth daily. Use a clean, moist wash cloth to wipe gums. Use a soft toothbrush with water only, beginning with eruption of first tooth.

Do not put you baby or toddler to bed with a bottle containing juice, milk, or other sugary liquid. Do not prop a bottle in a baby's or toddler's mouth.

Beginning with eruption of first tooth, use a soft toothbrush with water only.

At 6 months - to preschool: Take oral fluoride supplement if water is deficient in fluoride.

Age 2: Begin brushing child's teeth with pea-size amount of fluoride toothpaste.

NUTRITION: Breast-feeding and iron-enriched formula and food for infants.

EXERCISE: Age 0-5 years: Participate in physical activity as a family, such as taking walks or playing at the playground. Limit television to less than 2 hours a day.

*The advice given is not meant to replace the care of your medical provider. We encourage you to discuss your care, based on your age, gender and condition, with your doctor.
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Prevention Guidelines

FOR CHILDREN AGES 3 - 11 YEARS

At a well-child exam you may get advice on keeping your child safe, injury prevention, good health, healthy eating, reduce risk of skin cancer development. Your child may get vaccines, these screenings or added screenings, such as tuberculin and urine, if appropriate. Discuss physical, mental, and emotional health with your doctor - for example depression and anxiety.

IMMUNIZATIONS			
DTaP (diphtheria, tetanus, acellular pertussis)	4-6 years (5th in a series of 5).		
Influenza	One dose, annually.		
Hepatitis A	After age 2	Second dose 6 mos. after first	
Hepatitis B	High-risk individuals, as recommended by your doctor.		
IPV (inactivated poliovirus vaccine)	2 mos.	4 mos.	6-18 mos.
HPV (Human Papilloma Virus) Girls and boys ages 9-26	11-12 yrs.	2 mos. after	6 mos. after
MMR (measles, mumps, rubella)	12-15 mos.	4-6 yrs.	
PCV (pneumococcal conjugate vaccine)	High-risk individuals, as recommended by your doctor.		
Tetanus booster (tetanus, diphtheria)	11-12 yrs.		
Varicella (chickenpox)	12-18 mos.	4-6 yrs.	

SCREENING EXAMS	
Well Child Checkups Height, weight, vaccinations and blood tests	As recommended by your doctor.
Development and behavior	As recommended by your doctor.
Diabetes	Age 10-45, screen every 2 years, if overweight.
Mental and emotional health i.e. depression and anxiety	As recommended by your doctor.
Hearing	As recommended by your doctor.
Vision	Every 5-10 years, as recommended by your doctor.

DENTAL HEALTH:

Age 2: Begin brushing child's teeth with pea-size amount of fluoride toothpaste.

Age 5: Talk to dentist about dental sealants.

Semiannual dental exam, cleaning, x-rays, and fluoride treatments, as recommended by your dentist.

Ask your dentist when and how to floss child's teeth.

NUTRITION: Limit fat and cholesterol. Eat more vegetables, fruits and grain products.

EXERCISE:

Limit television to less than 2 hours a day.

Age 0-5 years: Participate in physical activity as a family, such as taking walks or playing at the playground.

Ages 6 and up: Regular physical activity at least 30 minutes per day.

Regular physical activity can reduce the risks of coronary heart disease, osteoporosis, obesity and diabetes.

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Prevention Guidelines

FOR CHILDREN AGES 12 - 19 YEARS

At a well-child exam your doctor may talk to you about health eating, exercise, healthy weight, sexual health, how to prevent injuries, alcohol and drugs, counseling to reduce risk of skin cancer, avoiding tobacco, secondhand smoker, dental health, and mental health (depression and anxiety). At this visit, you may get vaccines and screenings, if appropriate.

IMMUNIZATIONS			
Influenza	One dose, annually.		
Hepatitis A	High-risk individuals, as recommended by your doctor.		
Hepatitis B	High-risk individuals, as recommended by your doctor.		
Meningococcal	College-bound students and international travelers should the risk of meningococcal disease and benefits of vaccinations discuss with their doctors.		
MMR (measles, mumps, rubella)	If no prior immunization, discuss with your doctor.		
Rubella (German measles)	Women of childbearing age, if susceptible.		
HPV (Human Papilloma Virus) Girls and boys ages 9-26	11-12 yrs.	2 mos. after	6 mos. after
Tetanus booster (tetanus, diphtheria)	Once at 11-12 years. If 5 years or more since last dose consult your doctor.		
Varicella (chickenpox)	If no prior immunization, discuss with your doctor.		
Vision	Every 5-10 years, as recommended by your doctor.		
Hearing	As recommended by your doctor.		

SCREENING EXAMS	
Well Child Checkups Height, weight, vaccinations and tests	As recommended by your doctor.
Mental and emotional health i.e. depression and anxiety	As recommended by your doctor.
Blood pressure	At least every 2 years, beginning at age 18.
Diabetes	Age 10-45, screen every 2 years, if overweight.
Cervical Cancer Women	Pap test: within 3 years of onset of sexual activity.
Chlamydia Women	Sexually active under age of 26, and high-risk individuals, as recommended by your doctor.
Rubella susceptibility Women	Women of childbearing age, as recommended by your doctor.
Syphilis Women	Screening for pregnant women, and high-risk individuals, as recommended by your doctor.
Testicular Cancer Men	Monthly testicular self-exam for men age 18+.

DENTAL HEALTH: Semiannual dental exam, cleaning, x-rays, and fluoride treatments, as recommended by your dentist. Floss and brush with fluoride toothpaste daily.

SEXUAL HEALTH: STD/HIV prevention, practice safer sex or abstinence. Be aware of unintended pregnancy; use appropriate action.

SUBSTANCE ABUSE: Stop smoking. Limit alcohol consumption. Avoid illicit drug use. Avoid alcohol or drug use while driving, swimming, boating, etc. Don't smoke around children.

NUTRITION: Limit fat and cholesterol. Eat more vegetables, fruits and grain products. Daily calcium intake: 1,200 to 1,500 mg/day.

EXERCISE: Limit television to less than 2 hours a day. Regular physical activity at least 30 minutes per day can reduce the risks of coronary heart disease, osteoporosis, obesity and diabetes.

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Prevention Guidelines

FOR MEN AGES 20-49 YEARS

The doctor may talk to you about health and wellness issues such as: healthy eating, exercise, family planning, folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted diseases including HIV, intimate partner violence, how to prevent injuries, counseling to reduce the risks of getting skin cancer, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health, and mental health (depression and anxiety). At this visit, you may get vaccines and screenings, if appropriate.

IMMUNIZATIONS		SCREENING EXAMS	
Influenza	One dose, annually for high-risk individuals.	**Well Adult Checkups** Height, weight, vaccinations and tests	As recommended by your doctor.
Hepatitis A	High-risk individuals, as recommended by your doctor.	**Mental and emotional health** i.e. depression and anxiety	As recommended by your doctor.
Hepatitis B	High-risk individuals, as recommended by your doctor.	**Blood pressure**	At least every 2 years, beginning at age 18.
Meningococcal	College-bound students and international travelers should the risk of meningococcal disease and benefits of vaccinations discuss with their doctors.	**Cholesterol**	Every 5 years starting at age 35, as recommended by your doctor.
MMR (measles, mumps, rubella)	If no prior immunization, discuss with your doctor.	**Coronary Heart Disease**	Age 40+, use of aspirin to prevent heart disease, as recommended by your doctor.
HPV (Human Papilloma Virus) Girls and boys ages 9-26	If no prior immunization, discuss with your doctor.	**Diabetes**	To age 45, screen every 2 years, if overweight. Age 45+ screen every 3 years, as recommended by your doctor.
Tetanus booster (tetanus, diphtheria)	Once every 10 years, as recommended by doctor.	**Osteoporosis**	Men are typically not at risk during ages 20-49 years.
Varicella (chickenpox)	If no prior immunization, discuss with your doctor.	**Sexually Transmitted Infections**	High-risk individuals, as recommended by your doctor.
Hearing	As recommended by your doctor.	**Syphilis**	High-risk individuals, as recommended by your doctor.
Vision	As recommended by your doctor.	**Testicular Cancer**	Monthly testicular self-exam for men age 18+.

DENTAL HEALTH: Semiannual dental exam, cleaning, x-rays, and fluoride treatments, as recommended by your dentist. Floss and brush with fluoride toothpaste daily.

SEXUAL HEALTH: STD/HIV prevention, practice safer sex or abstinence. Be aware of unintended pregnancy; use appropriate action.

SUBSTANCE ABUSE: Stop smoking. Limit alcohol consumption. Avoid illicit drug use. Avoid alcohol or drug use while driving, swimming, boating, etc. Don't smoke around children.

NUTRITION: Limit fat and cholesterol. Eat more vegetables, fruits and grain products. Daily calcium intake: 1,200 to 1,500 mg/day.

EXERCISE: Regular physical activity at least 30 minutes per day can reduce the risks of coronary heart disease, osteoporosis, obesity and diabetes. Age 40+, consult your doctor before starting physical activity.

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FOR WOMEN AGES 20-49 YEARS

The doctor may talk to you about health and wellness issues such as: healthy eating, exercise, family planning, folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted diseases including HIV, intimate partner violence, how to prevent injuries, counseling to reduce the risks of getting skin cancer, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health, and mental health (depression and anxiety). At this visit, you may get vaccines and screenings, if appropriate.

IMMUNIZATIONS		SCREENING EXAMS	
Influenza	One dose, annually for high-risk individuals.	**Well Adult Checkups** Height, weight, vaccinations and tests	As recommended by your doctor.
Hepatitis A	High-risk individuals, as recommended by your doctor.	**Mental and emotional health** i.e. depression and anxiety	As recommended by your doctor.
Hepatitis B	High-risk individuals, as recommended by your doctor	**Blood pressure**	At least every 2 years.
Meningococcal	College-bound students and international travelers should the risk of meningococcal disease and benefits of vaccinations discuss with their doctors.	**Cholesterol**	Every 5 years starting at age 35, as recommended by your doctor.
MMR (measles, mumps, rubella)	If no prior immunization, discuss with your doctor.	**Diabetes**	Screen every 2 years, if overweight. Age 45+ screen every 3 years, as recommended by your doctor.
Rubella (German measles)	Women of childbearing age, if susceptible.	**Breast Cancer**	Monthly self-exam for women at 20. Baseline mammogram, as recommended by your doctor.
HPV (Human Papilloma Virus) Girls and boys ages 9-26	If no prior immunization, discuss with your doctor.	**Cervical Cancer**	Pap test: at least every 3 years beginning at age 21 or within 3 years of onset of sexual activity.
Tetanus booster (tetanus, diphtheria)	Once every 10 years, as recommended by doctor.	**Rubella susceptibility**	Women of childbearing age, as recommended by your doctor.
Varicella (chickenpox)	If no prior immunization, discuss with your doctor.	**Osteoporosis**	Evaluation of risk factor, especially postmenopausal; as recommended by your doctor.
Hearing	As recommended by your doctor.	**Sexually Transmitted Infections**	High-risk individuals, and pregnant women, as recommended by your doctor.
Vision	As recommended by your doctor.	**Syphilis**	Screening for pregnant women, and high-risk individuals, as recommended by your doctor.
Hormone replacement therapy (HRT)	Postmenopausal recommendations are against routine use of estrogen and progestin for the prevention of chronic conditions. Discuss with your doctor.	**Coronary Heart Disease**	Over age 40: Individual risks for coronary heart disease and use of aspirin to prevent heart disease.

DENTAL HEALTH: Semiannual dental exam, cleaning, x-rays, and fluoride treatments, as recommended by your dentist. Floss and brush with fluoride toothpaste daily.

SEXUAL HEALTH: STD/HIV prevention, practice safer sex or abstinence. Be aware of unintended pregnancy; use appropriate action.

SUBSTANCE ABUSE: Stop smoking. Limit alcohol consumption. Avoid illicit drug use. Avoid alcohol or drug use while driving, swimming, boating, etc. Don't smoke around children.

NUTRITION: Limit fat and cholesterol. Eat more vegetables, fruits and grain products. Daily calcium intake: 1,000 mg/day.

EXERCISE: Regular physical activity, at least 30 minutes per day, can reduce risk of coronary heart disease, osteoporosis, obesity and diabetes. Age 40+; consult your doctor before starting physical activity.

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FOR MEN AGES 50+ YEARS

The doctor may talk to you about health and wellness issues such as: healthy eating, exercise, family planning, folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted diseases including HIV, intimate partner violence, how to prevent injuries, counseling to reduce the risks of getting skin cancer, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health, and mental health (depression and anxiety). At this visit, you may get vaccines and screenings, if appropriate.

IMMUNIZATIONS		SCREENING EXAMS	
Influenza	One dose, annually for high-risk individuals.	**Well Adult Checkups** Height, weight, vaccinations and tests	As recommended by your doctor.
Hepatitis A	High-risk individuals, as recommended by your doctor.	**Mental and emotional health** i.e. depression and anxiety	As recommended by your doctor.
Hepatitis B	High-risk individuals, as recommended by your doctor.	**Blood pressure**	At least every 2 years, As recommended by your doctor.
Meningococcal	International travelers, and high-risk individuals, as recommended by your doctor.	**Cholesterol**	Every 5 years starting at age 35, as recommended by your doctor.
MMR (measles, mumps, rubella)	If no prior immunization, discuss with your doctor.	**Coronary Heart Disease**	Age 40+, use of aspirin to prevent heart disease, as recommended by your doctor.
Tetanus booster (tetanus, diphtheria)	Once every 10 years, as recommended by doctor.	**Chlamydia**	As recommended by your doctor.
Varicella (chickenpox)	If no prior immunization, discuss with your doctor.	**Diabetes**	Age 45+ screen every 3 years, as recommended by your doctor.
Zostavax (Shingles vaccine)	Age 60-64 years, as recommended by your doctor.	**Osteoporosis**	Evaluation of risk factor, as recommended by your doctor.
Hearing	As recommended by your doctor.	**Sexually Transmitted Infections**	High-risk individuals, as recommended by your doctor.
Vision	As recommended by your doctor.	**Syphilis**	High-risk individuals, as recommended by your doctor.
		Testicular Cancer	Monthly testicular self-exam for men age 18+.

DENTAL HEALTH: Semiannual dental exam, cleaning, x-rays, and fluoride treatments, as recommended by your dentist. Floss and brush with fluoride toothpaste daily.

SEXUAL HEALTH: STD/HIV prevention, practice safer sex or abstinence. Be aware of unintended pregnancy; use appropriate action.

SUBSTANCE ABUSE: Stop smoking. Limit alcohol consumption. Avoid illicit drug use. Avoid alcohol or drug use while driving, swimming, boating, etc. Don't smoke around children.

NUTRITION: Limit fat and cholesterol. Eat more vegetables, fruits and grain products. Daily calcium intake: 1,200 to 1,500 mg/day.

EXERCISE: Regular physical activity at least 30 minutes per day can reduce the risks of coronary heart disease, osteoporosis, obesity and diabetes. Age 40+, consult your doctor before starting physical activity.

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FOR WOMEN AGES 50+ YEARS

The doctor may talk to you about health and wellness issues such as: healthy eating, exercise, family planning, folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted diseases including HIV, intimate partner violence, how to prevent injuries, counseling to reduce the risks of getting skin cancer, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health, and mental health (depression and anxiety). At this visit, you may get vaccines and screenings, if appropriate.

IMMUNIZATIONS	
Influenza	One dose, annually for high-risk individuals.
Hepatitis A	High-risk individuals, as recommended by your doctor.
Hepatitis B	High-risk individuals, as recommended by your doctor.
Meningococcal	International travelers, and high-risk individuals, as recommended by your doctor.
MMR (measles, mumps, rubella)	If no prior immunization, discuss with your doctor.
Pneumococcal Vaccine	Once, age 60+ years, as recommended by your doctor.
Tetanus booster (tetanus, diphtheria)	Once every 10 years, as recommended by doctor.
Varicella (chickenpox)	If no prior immunization, discuss with your doctor.
Zostavax (Shingles vaccine)	Once, age 60+ years, as recommended by your doctor.
Hearing	As recommended by your doctor.
Vision	As recommended by your doctor.
Hormone replacement therapy	Postmenopausal recommendations are against routine use of estrogen and progestin for the prevention of chronic conditions. Discuss with your doctor.

SCREENING EXAMS	
Well Adult Checkups Height, weight, vaccinations and tests	As recommended by your doctor.
Mental and emotional health i.e. depression and anxiety	As recommended by your doctor.
Blood pressure	At least every 2 years, As recommended by your doctor.
Breast Cancer	Monthly breast self-exam. Annual clinical breast exam. Mammograms, as recommended by your doctor.
Cervical Cancer	Pap test: at least every 3 years, as recommended by your doctor.
Chlamydia	As recommended by your doctor.
Cholesterol	As recommended by your doctor.
Coronary Heart Disease	Over age 40: Individual risks for coronary heart disease and use of aspirin to prevent heart disease.
Diabetes	Age 45+ every 3 years, as recommended by your doctor.
Rubella susceptibility	Women of childbearing age, as recommended by your doctor.
Osteoporosis	Evaluation of risk factor, especially postmenopausal; as recommended by your doctor.
Sexually Transmitted Infections	High-risk individuals, as recommended by your doctor.
Syphilis	Screening for pregnant women, and high-risk individuals, as recommended by your doctor.

DENTAL HEALTH: Semiannual dental exam, cleaning, x-rays, and fluoride treatments, as recommended by your dentist. Floss and brush with fluoride toothpaste daily.

SEXUAL HEALTH: STD/HIV prevention, practice safer sex or abstinence. Be aware of unintended pregnancy; use appropriate action.

SUBSTANCE ABUSE: Stop smoking. Limit alcohol consumption. Avoid illicit drug use. Avoid alcohol or drug use while driving, swimming, boating, etc. Don't smoke around children.

NUTRITION: Limit fat and cholesterol. Eat more vegetables, fruits and grain products. Daily calcium intake: 1,000 mg/day.

EXERCISE: Regular physical activity at least 30 minutes per day can reduce the risks of coronary heart disease, osteoporosis, obesity and diabetes. Age 40+, consult your doctor before starting physical activity.

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