

Take advantage of preventive care to help manage your health

Preventing disease and detecting health issues at an early stage, if they occur, are important to living a healthy life. Following these recommended guidelines, along with the advice of your doctor, may help you stay healthy. For specific health questions and concerns, talk with your doctor and follow his or her direction as to the preventive care services that are right for you.

UnitedHealthcare is dedicated to helping people live healthier lives, and we encourage our members to receive age and gender appropriate preventive care health services. Under health care reform, most of our members are eligible to receive certain preventive health care services, based upon age, gender and other factors, with no cost-sharing. UnitedHealthcare covers preventive services, as specified in the health care reform law, at 100% without charging a copayment, coinsurance or deductible, as long as they are received in the health plan's network. UnitedHealthcare also covers other diagnostic services, which may require a copayment, coinsurance or deductible. Always refer to your plan documents for your specific coverage.



Preventive Care guidelines for children



It's important for children of all ages to have preventive medical checkups. Preventive care promotes healthy growth and development and includes screening, counseling, and immunization services for children at appropriate ages.

You can help promote your child's good health by scheduling regular check ups with a network physician to obtain age-appropriate preventive care screening services and immunizations. During these preventive care visits you will want to provide the doctor with information about your child as well as information about illnesses or medical conditions your child may have, and the medicines your child takes, if any. The doctor will likely:

- Give your child a complete physical examination
- Make sure your child has up-to-date immunizations
- Give you advice to help your child stay healthy

Services at each of these preventive visits will vary based on age, but will include some of the following:

- Measurement of your child's head size
- Measurement of length/height and weight
- Screening blood tests, if appropriate
- Providing age appropriate immunizations
- Vision screening
- Hearing screening
- Counseling on oral health
- > Psychological and behavioral development assessment
- Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- Counseling for children and their parents on nutrition and exercise
- Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more.

Following your child's examination the doctor should also provide you with information about your child's growth, development and general health, and will answer any questions you may have about your child.

UnitedHealthcare encourages regular preventive care visits with a network physician to help maintain your child's health.

Source: http://archive.ahrq.gov/clinic/prevenix.htm

These clinical guidelines are provided for informational purposes only, and do not constitute medical advice.

Preventive Care benefits may not apply to certain services listed above.

An important step you can take toward protecting your child from serious illness is to maintain the doctor recommended schedule of preventive care visits and immunizations.

Source: http://www.allkids.com/customers/checkups.html

Development, psychosocial, and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separate from preventive care visits. These guidelines represent a consensus by the American Academy of Pediatrics (AAP) and Bright Futures. The recommendations in this statement do not indicate an exclusive course of treatment or standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care.

Childhood Immunizations Newborn to age 6 years



Immunizations save millions of lives each year, and can help protect your child against many childhood diseases. The following immunization schedules will provide you with the guideline recommendations for children ages 0-18 years.

Childhood Immunizations recommended schedule for children aged 0 through 6 years – United States • 2012

Vaccine	Newborn	1 Month	2 Months	4 Months	6 Months	9 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years	4-6 Years
Hepatitis B ¹		НерВ					НерВ					
Rotavirus ²			RV	RV	RV ²							
Diphtheria, tetanus, pertussis ³			DTaP	DTaP	DTaP			DTaP				DTaP
Haemophilus influenzae type b4			Hib	Hib	Hib⁴		Hib					
Pneumococcal⁵			PCV	PCV	PCV		PCV				PPSV	
Inactivated poliovirus ⁶			IPV	IPV			IPV					IPV
Influenza ⁷												
Measles, mumps, rubella ⁸							MMR					MMR
Varicella ⁹							Varicella					Varicella
Hepatitis A ¹⁰							Dose 1 HepA series		series			
Meningococcal ¹¹					MCV4 - See footnote ¹¹							

R	Range of recommended	Range of recommended	Range of recommended ages for all
a	ges for all children	ages for certain high-risk groups	children and certain high-risk groups

This schedule includes recommendations in effect as of December 23, 2011. Any dose not administered at the recommended age should be administered at a subsequent visit, when indicated and feasible. The use of a combination vaccine generally is preferred over separate injections of its equivalent component vaccines. Vaccination providers should consult the relevant AdvisoryCommittee on Immunization Practices (ACIP) statement for detailed recommendations, available online at http://www.cdc.gov/vaccines/pubs/acip-list.htm. Clinically significant adverse events that follow vaccination should be reported to the Vaccine Adverse Event Reporting System (VAERS) online (http://www.vaers.hhs.gov) or by telephone (800-822-7967).

For a complete list of footnote references please visit: www.cdc.gov/vaccines/recs/acip.

SOURCE: Centers for Disease Control and Prevention, Recommended immunization schedules for persons aged 0 through 18 years - United States, 2012 at: http://www.cdc.gov/vaccines/pubs/acip-listhtm.

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Childhood Immunizations age 7 to 18 years



Childhood Immunization recommended schedule for children aged 7 through 18 years – United States • 2012

Vaccine	7–10 years	11-12 years	13-18 years		
Tetanus, diphtheria, pertussis ¹	1 dose (if indicated)		1 dose (if indicated)		
Human papillomavirus ²	see footnote ²	3 dose	Complete 3-dose series		
Meningococcal ³		Dose 1	Booster at 16 years old		
Influenza ⁴	Influenza (yearly)				
Pneumococcal⁵					
Hepatitis A ⁶	Complete 2-dose series				
Hepatitis B ⁷	Complete 3-dose series				
Inactivated poliovirus ⁸	Complete 3-dose series				
Measles, mumps, rubella ⁹	Complete 2-dose series				
Varicella ¹⁰	Complete 2-dose series				

For those who fall behind or start late, see the catch-up schedule

Range of recommended	Range of recommended ages	Range of recommended ages
ages for all children	for catch-up immunization	for certain high-risk groups

This schedule includes recommendations in effect as of December 23, 2011. Any dose not administered at the recommended age should be administered at a subsequent

visit, when indicated and feasible. The use of a combination vaccine generally is preferred over separate injections of its equivalent component vaccines. Vaccination providers

should consult the relevant Advisory Committee on Immunization Practices (ACIP) statement for detailed recommendations, available online at http://www.cdc.gov/vaccines/pubs/acip-list.htm. Clinically significant adverse events that follow vaccination should be reported to the Vaccine Adverse Event Reporting System (VAERS) online (http://www.vaers.hhs.gov) or by telephone (800-822-7967).For a complete list of footnote references please visit: www.cdc.gov/vaccines/recs/acip.

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Preventive Care Guidelines for Adult Screenings and Immunizations

A preventive health visit can help you establish the baseline for your current health, and help identify any health issues before they become more serious. You and your doctor can then work together to identify care options that may help maintain or improve your health. The following information provides guideline recommendations for preventive care screenings, to evaluate general health and development in adults over age 18.

Recommendations for adult screenings

Recommendations for adult immunizations

Obesity screening	Human Papilloma virus vaccine						
18 25 30 35 40 45 50 55 60 65 70	18 25 30 35 40 45 50 55 60 65 70						
Recommended weight assessment at each preventive visit.	3 doses may be administered to both males and females age 9-26 years with physician discretion.						
Blood Pressure							
18 25 30 35 40 45 50 55 60 65 70	Measles, Mumps, Rubella (MMR) vaccine						
Recommended blood pressure assessment at each preventive visit.	18 25 30 35 40 45 50 55 60 65 70						
Cardiovascular Disease Aspirin use counseling Age Ranges	Once for all with lack of immunity. Adults born before 1957 are generally considered to be immune to measles and mumps so may not require vaccination. Those born after 1957 may need a 2nd dose. Between ages 18 to 49 years, one or two doses. Over age 50, one dose. Consult with your health care provider.						
18 25 30 35 40 45 50 55 60 65 70							
Recommended for certain patients ages 45 and up to obtain counseling, from a primary care physician, on the use of aspirin in the prevention of cardiovascular disease. For those at high risk for heart disease, discuss aspirin and low risk alternatives with your physician.	Hepatitis B vaccine1825303540455055606570Three doses for all persons at risk and pregnant women beginning at first prenatal visit. Discuss with your physician.						
Diabetes screening							
18 25 30 35 40 45 50 55 60 65 70	Influenza vaccine						
	18 25 30 35 40 45 50 55 60 65 70						
Recommended for asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.	One dose annually as directed by your physician.						
	Pneumococcal Polysaccharide vaccine (PPV)						
Cholesterol (Lipid) test 18 25 30 35 40 45 50 55 60 65 70	18 25 30 35 40 45 50 55 60 65 70						
Screening recommended for all men age 35 and up; men age 20 through 34 and women age 20 and up if at increased risk for coronary heart disease.							
Colorectal cancer screening	Tetanus-Diphtheria (Td/Tdap) vaccine						
18 25 30 35 40 45 50 55 60 65 70	18 25 30 35 40 45 50 55 60 65 70						
Routine Colorectal cancer screening recommended beginning at 50 years, high risk persons should be screened at younger ages and more frequently than persons at standard risk. Speak with your physician regarding screening methods							
and appropriate screening intervals.	Varicella (VZV) vaccine						
Abdominal Aortic Aneurysm screening	18 25 30 35 40 45 50 55 60 65 70						
18 25 30 35 40 45 50 55 60 65 70	Two doses for those susceptible with lack of immunity. Susceptibles: People						
Recommended screening for abdominal aortic aneurysm in men 65-75 years old who have ever smoked.							
	Hepatitis A vaccine						
Men and Women Men Women	18 25 30 35 40 45 50 55 60 65 70						
	Two doses for all persons at risk. Discuss with your physician.						
	Meningococcal vaccine						
	18 25 30 35 40 45 50 55 60 65 70						
	One or more doses for individuals at high risk. ¹ Discuss with your physician.						
	Zoster						
	18 25 30 35 40 45 50 55 60 65 70						
These clinical guidelines are provided for informational purposes only, and do not constitute medical advice. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before	One dose for those over age 60.						

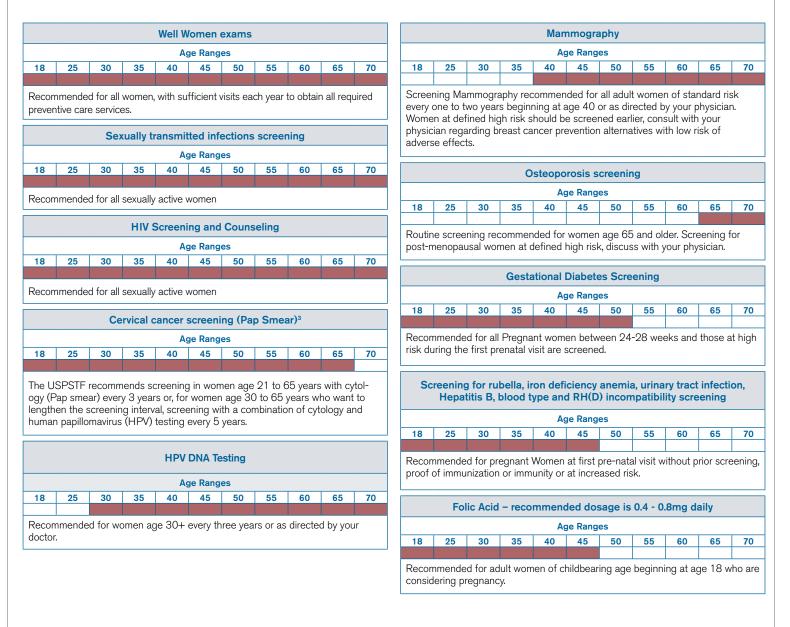
These clinical guide Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care. Preventive Care benefits may not apply to certain services listed above.

Preventive Care Guidelines for Adult Screenings for Women



UnitedHealthcare is committed to advancing prevention and early detection of disease. The follow guidelines reflect the expanded women's preventive care services provided under the health reform law.

Please note the expanded women's preventive care services **become effective the first plan year beginning on or after Aug. 1**, **2012.** So it is important to note that your specific coverage for these services will depend on your first plan renewal date on or after Aug. 1, 2012. Please speak to your Health Benefits Administrator to confirm your specific plan coverage.



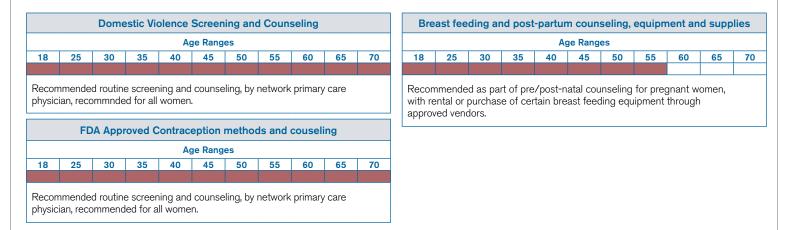
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Preventive Care Guidelines for Adult Counseling for Women



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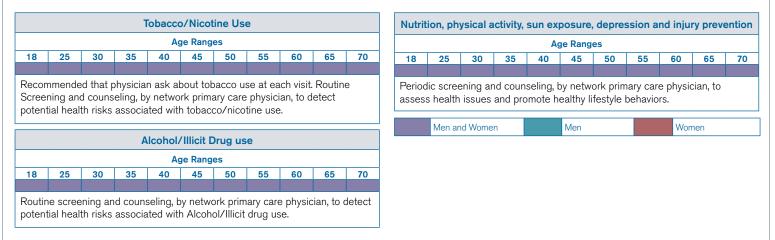


Preventive Care Guidelines for Adult Counseling



Preventive care guideline recommendations for adult counseling

Every day, you make countless decisions that affect your health and well-being. Understanding and managing your lifestyle and everyday health behaviors is one way to help maintain or improve your overall health. The following guidelines provide the counseling recommendations for adults over age 18.



See www.preventiveservices.ahrq.gov for U.S. Preventive Services Task Force recommendations on clinical preventive services.

- 1. High risk is defined as adults who have terminal complement deficiencies, had their spleen removed, their spleen does not function or they have medical, occupation, lifestyle or other indications such as college freshmen living in dormitory or other group living conditions.
- 2. For persons aged 65 and older, one time revaccination is recommended if they were vaccinated more than 5 years previously and were younger than age 65 years at the time of primary vaccination. ACOG, "Cervical Cytology Screening" Obstetrics & Gynecology

For more information on preventive care, visit our online website at **www.uhcpreventivecare.com** to identify your age and gender-specific preventive care guidelines, based on recommendations of the U.S. Preventive Services Task Force and other health organizations. You can also email, download or print your results and sign up for preventive care email reminders. Use these recommendations to talk with your doctor about the preventive health screenings that may be right for you.



These guidelines are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF), U.S. Department of Health and Human Services and the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. They are provided for informational purposes only, and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card. Insurance coverage provided by or through a UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates. Health

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