

Adult and Senior Staying Healthy Guidelines (Age 21 and Older)



All guidelines adopted by Molina are from The Advisory Committee of Immunization Practices, The U.S. Preventive Services Task Force, and the Centers for Disease Control and Prevention.

Preventive care is vital to your health. The guidelines below will show you which tests and shots you need to stay healthy.

| Immunizations | Timeline |
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| Influenza | Once every year during flu season (Fall) for all adults and seniors. |
| Tetanus, Diphtheria, Pertussis (Tdap or Td) | One dose of Tdap, then booster (Td) every 10 years or if needed after a wound. |
| Measles, Mumps, Rubella (MMR) | One dose (if no proof of childhood shots or immunity). |
| Pneumococcal | One dose for persons age 65 or older or with a risk factor. |
| Varicella (Chicken Pox) | Two doses if no proof of shots or immunity. |
| Meningococcal | Two or three dose series. Re-vaccination every 5 years if high risk. |
| Human Papilloma Virus | Two or three dose series based on the age of first vaccine through age 26. After age 26, discuss with your doctor up to age 45. |
| Zoster (Shingles) | Two dose series for adults 50 years of age or older. |
| Hepatitis A | Two or three dose series. |
| Hepatitis B | Two or three dose series. |

| Screenings | 21-49 Years | 50-64 Years | 65 Years and Older |
|--|--|--|----------------------------------|
| Height/Weight/Body Mass Index (BMI) | Each year | Each year | Each year |
| Blood Pressure | Yearly screening for everyone – Goal = 120/80 mm/Hg or below For persons with high blood pressure – Goal = 130/80 mm/Hg or below | | |
| Cholesterol | Every 4-6 years. Goal: Total cholesterol = less than 150 mg/dl LDL (bad) cholesterol – less than 100 mg/dl HDL (good) cholesterol – greater than or equal to 60 mg/dl Triglycerides – less than 150 mg/dl | | |
| Colorectal Cancer Screening (COL) | | 45-75 years of age. Yearly FOBT* or FIT test, FIT-DNA* test every 3 years, Sig. test* every 5 years or colonoscopy every 10 years. | |
| Breast Cancer Screening (BCS) | Offer for ages 40-49. | Women age 50-74 years. Mammogram screening every 2 years. | |
| Cervical Cancer Screening (CCS) | Women 21-64 years of age. A Pap smear every 3 years. | | Ages 30-65 HPV test every 5 yrs. |
| Chlamydia Screening | Women up to 25 years of age. Yearly urine test. | | |

* (FOBT) is a Fecal Occult Blood test * FIT DNA is a stool DNA test

* Sig. is a Flexible Sigmoidoscopy procedure

Diabetes Care – Tests for people with high blood sugar (as recommended by the American Diabetes Association)

| Screenings | 21-49 Years | 50-64 Years | 65 Years and Older |
|------------------------------|---|-------------|--------------------|
| Blood Pressure | Each year at minimum; best if checked at every visit with your provider. | | |
| Hemoglobin A1c | Blood test done every six months if your result meets goal; every three months if your results not yet in target range. | | |
| Nephropathy screening | Urine test done once each year to check for kidney disease and result is at goal; more often if not yet at goal. | | |
| Retinal Eye Exam | Dilated eye exam done by an eye doctor. Once a year if negative and twice a year if positive. | | |

Care for Older Adults (Age 65 and older)

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| Review of Medicines | Age 66 years and older. Yearly review of medicines which includes prescription medicines, over the counter medicines and herbals or supplements. More often if new medicines or frequent dosing changes. |
| Functional Assessment | Age 66 years and older. Yearly review of activities of daily living (daily basic self-care tasks) |
| Pain Assessment | Age 66 years and older. Yearly assessment of pain. More often if new problems. |
| Advance Care Plan | Talk to your doctor and make your wishes known about your choices for end-of-life care planning. This will help your doctor and your family when or if you cannot speak for yourself. |

Prenatal/Postpartum Care

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| Prenatal Care | See your doctor as soon as you know you are pregnant to get your first trimester (first third of pregnancy) health exam between 0-13 weeks of pregnancy or within 42 days of enrollment into Molina. After your first trimester visit, your doctor will schedule follow-up visits based on your needs. This will be monthly until near the end of your pregnancy, when it will be every two weeks, then every week till you have your baby. Call Molina's Member Services number on your ID card, and ask for a Maternity Case Manager. |
| Postpartum care | Post-partum health exam should be done on or between 7 and 84 days (1-12 weeks) after giving birth. Even though you will be busy with your new baby, this is an important visit for YOU! Your provider will be sure you are healing well after giving birth, will check for postpartum depression, and will discuss family planning with you. Don't miss it! |



If you have any questions, please call our

24-hour Nurse Advice Line:

We are here to help you.

English: (888) 275-8750 Spanish: (866) 648-3537 (TTY/TDD: 711)

To get this information in your preferred language or accessible format, call Member Services. The number is on the back of your ID card.

MolinaHealthcare.com

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