Preventive Health Care Guidelines

Good health begins with good lifestyle habits and regular exams. Preventive health care guidelines help providers keep members on track with necessary screenings and exams based on age and gender. We provide many tools to members and providers to promote good preventive health measures, including health education classes, health management programs and preventive health guidelines.

Anthem Blue Cross and Anthem Blue Cross Partnership Plan’s recommendation of these guidelines is not an authorization, certification, explanation of benefits or a contract. Benefits and eligibility are determined by the California Department of Health Services (DHS) in accordance with the requirements set forth by the state of California.

**Ages 0–2 Years**
Recommendations for Preventive Pediatric health care:
http://pediatrics.aappublications.org/content/vol105/issue3/images/large/pe0304207001.jpeg

Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report website: Recommended Childhood and Adolescent Immunization Schedule - United States:
http://www.cdc.gov/mmwr

The Agency for Healthcare Research and Quality website: Guide to Clinical Preventive Services: U.S. Preventive Services Task Force:
http://www.ahrq.gov/clinic/ppipix.htm

American Academy of Pediatrics website: www.aap.org (Use the search capability to find specific information for this age group)

**Ages 2–19 Years**
Recommendations for Preventive Pediatric Health Care:
http://pediatrics.aappublications.org/content/vol105/issue3/images/large/pe0304207001.jpeg

American Academy of Pediatrics: www.aap.org (Use the search capability to find specific information for this age group)

Centers for Disease Control and Prevention: Guidelines for Treatment of Sexually Transmitted Diseases: www.cdc.gov/std/treatment

Institute for Clinical Systems Improvement website. Health Care Guidelines: Preventive Services for Adults: http://www.icsi.org

www.anthem.com/ca

Anthem Blue Cross is the trade name of Blue Cross of California and Anthem Blue Cross Partnership Plan is the trade name of Blue Cross of California Partnership Plan, Inc. Independent licensees of the Blue Cross Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association. Blue Cross of California is contracted with L.A. Care Health Plan to provide Medi-Cal Managed Care services in Los Angeles County.

WEB-ACA-0065-15


Ages 19–39 Years

Recommendations for Preventive Pediatric Health Care: http://pediatrics.aappublications.org/content/vol105/issue3/images/large/pe0304207001.jpeg

American Academy of Pediatrics: www.aap.org (Use the search capability to find specific information for this age group)

Institute for Clinical Systems Improvement website. Health Care Guidelines: Preventive Services for Adults: http://www.icsi.org


Ages 40–64 Years


Institute for Clinical Systems Improvement website. Health Care Guidelines: Preventive Services for Adults: http://www.icsi.org


Ages 65 Plus


Institute for Clinical Systems Improvement website. Health Care Guidelines: Preventive Services for Adults: http://www.icsi.org

Maternity


Institute for Clinical Systems Improvement website: Health Care Guidelines: Prenatal Care: http://www.icsi.org/