

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

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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>

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>

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>

Ages 40–64 Years

Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report website:
Recommended Adult Immunization Schedule – United States: <http://www.cdc.gov/mmwr>

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

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>

Ages 65 Plus

Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report website:
Recommended Adult Immunization Schedule – United States: <http://www.cdc.gov/mmwr>

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

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>

Maternity

Centers for Disease Control and Prevention: National Immunization Program: Guidelines for Vaccinating Pregnant Women website: http://www.cdc.gov/nip/publications/preg_guide.htm

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