



Inter Valley Health Plan

Medicare plans for health. Not for profit.

INTER VALLEY HEALTH PLAN PREVENTIVE HEALTH CARE GUIDELINES 2021

SERVICES	SYNOPSIS
Preventive Health Exam (includes history, physical exam, height, weight, blood pressure, BMI and risk assessment)	This visit is covered once every 12 months
Abdominal aortic aneurysm screening	One-time screening for people at risk. Male 65-75 who have smoked 100 cigarettes lifetime
Alcohol misuse screening	One screening/year for adults who use alcohol
Bone Mass measurement	Once every 24 months for people who have certain medical conditions or meet criteria
Breast Cancer screening	Once every 12 months for women of age ≥40
Cardiovascular screening	<p>Test cholesterol, lipid, lipoprotein and triglyceride levels</p> <p>Every 4-6 years for normal-risk adults; more often if any of you have elevated risk for heart disease and stroke: Hypertension, Diabetes, Obesity, Elevated Cholesterol and or Smoker.</p>
Cardiovascular disease (behavioral therapy)	One visit per year with primary care MD to discuss how to lower risk for cardiovascular disease
Cervical and vaginal cancer screening	Once every 24 months or once every 12 months for those who are at high risk for cervical or vaginal cancer
Colorectal cancer screening	<ul style="list-style-type: none"> • Fecal occult blood – once every 1yr ≥ 50 • Screening flexible sigmoidoscopy one/4yrs • Screening colonoscopy – once every 10yrs (high-risk (post polyps) every 2yrs.) • Multi-target stool DNA test—This lab test is generally covered once every 3 years if you meet certain conditions (adults between 50-85) • Screening BE – once/4yrs. >50/ 2yrs. Hi-risk
Depression screening	One screening per year
Diabetes screening	Two screenings/year for people at risk
Glaucoma tests	One screening/year for people at risk
Hepatitis C screening	One screening test. Yearly screenings for high risk.
Hepatitis B Screening	One screening test for those who do not meet high-risk definition. Annually for those who have continued high risk who do not receive Hep B vaccination.
HIV screening	One screening/year for people at increased risk
Lung Cancer (Screening for)	Low-dose computed tomography (LDCT) annually for adults 55 to 77 who have a 30 pack-year smoking history or quit within 15 years



Obesity screening behavioral therapy counseling	People with a body mass index (BMI) ≥ 30
Prostate Cancer screening	Discuss with physician (DRE/PSA 1/12 mos.>50)
STI screening/behavioral counseling	Once every 12 mos screening for chlamydia, gonorrhea, syphilis and hep B for people at risk For high intensity behavioral counseling (HIBC) up to two 30-minute, face-to-face sessions annually.
IMMUNIZATIONS:	RECOMMENDATION
Chicken Pox (Varicella)	2 doses recommended if not experienced as a child
*Hepatitis A (for high-risk individuals)	2 doses-second dose 6 months after first
*Hepatitis B (for medium/high-risk individuals)	3 doses if did not experience as a child
*Hib Type B (for high-risk individuals)	1-3 doses based upon indication by physician
Influenza Vaccine (for people age ≥ 50 and other high-risk individuals)	One flu shot per flu season
*Meningococcal	One or more doses prescribed by physician
MMR: (Measles, mumps and rubella)	Once, if not already immune
Pneumococcal vaccines	2 pneumococcal vaccines for all adults ≥ 65 years: PCV 13 followed by PPS V 23 after 6-12 months; or if PPS V 23 initially, PCV 13 should follow > one year.
Shingles (Zoster Vaccine)	Shingrix 2X beginning at 50.
Tdap Booster (tetanus, diphtheria, pertussis)	Once every ten years for tetanus and diphtheria. Once in a lifetime for pertussis.
**CoVid-19 Vaccination	Initial 2 doses 3-4 weeks apart.
*May Be Recommended For You: This vaccine is recommended for you if you have certain risk factors. Talk to your physician to see if you need this vaccine.	
** Future booster immunization may be recommended depending upon epidemic experience.	
ADDITIONAL RECOMMENDATIONS:	
<p>Remember to Discuss with your doctor:</p> <ul style="list-style-type: none"> Improving Bladder Control. Any Falls in the last year. Improving Physical Mobility /Activities to keep you healthy. Changes to your Mood and Sleep pattern (Sleeping too much or not enough) Discuss the benefits and risks of aspirin use for men 45-79 yrs old and women 55-79 yrs. Medical nutrition therapy services for people with diabetes or kidney disease or who have had a kidney transplant in the last 36 months. Skin cancer screening for high-risk patients. TB Screening for high-risk population. Tobacco-use cessation/counseling for people who use tobacco or diagnosed with an illness caused or complicated by tobacco use. 8 face-to-face visits within 12 months. 	
PREGNANCY	
Comprehensive screening exam (blood pressure, weight, hematocrit/ hemoglobin, Hepatitis B surface antigen, RPR/VDRL,	First Visit



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Chlamydia screening, Rubella screening, Vaccination history, RH incompatibility, urine culture, gonorrhea culture) Tdap Booster	
Other tests:	1 st Trimester (FTS), counseling about chorionic villus sampling (CVS) and amniocentesis. FTS includes ultrasound and blood screen. AlphaFeto Protein, 15-20 weeks, Glucose Tolerance, 24-28 weeks. Group B streptococcal bacteria @ 35-37 weeks. Influenza vaccine for women who will be pregnant during the flu season
Postpartum visit	To be done within 3-6 weeks following delivery.

Inter Valley Health Plan supports the recommendations of 2021 *Medicare and You* and the U.S. Preventive Services Task Force in conjunction with those of other widely recognized professional organizations. These guidelines are intended for informational purposes only and do not provide medical treatment, opinion, or advice. For details and application to a specific individual, providers should apply their clinical judgement. Check with the Plan Benefit Summary to determine if a particular service is covered. Reviewed and approved by the **Medical Advisory Committee on April 8, 2021**