

# PREVENTIVE CARE RECOMMENDATIONS

Talk with your primary care provider about these preventive services.

How often and what kind of preventive care services you need depends on your age, gender, health and family history. Your provider may recommend additional tests, which may or may not be covered under your plan.

Check your health plan benefits or call the number on the back of your member ID card for details on coverage.\*

■ Men and women    ■ Women only

## HEALTHY ADULT GUIDELINES

AGE	21 – 39	40 – 49	50 – 64	65 – 74	75+
<b>CARDIOVASCULAR HEALTH</b>					
Advice on nutrition, healthy weight and physical activity	Throughout adulthood				
Advice on avoiding tobacco exposure and use	Throughout adulthood				
Blood pressure measurement	At least annually				
Cholesterol (lipid) screening	Performed depending on risk				
Diabetes screening	Ages 35 – 70 and adjusted by health care provider based on risk				

## CANCER PREVENTION

# Bcbs Preventive Care Guidelines

**S Baum**



## **Bcbs Preventive Care Guidelines:**

Guide to Health Maintenance and Disease Prevention Ijindah Marcus Uriri,2009-06-17 Finally this is the book you ve been waiting for Health maintenance and disease prevention provides a concise up to date information on the management of certain chronic medical conditions health promotion and disease prevention It empowers individuals in several ways to be more proactive about their health The ultimate goal is maintaining a good quality of life Areas of emphasis featured in this book include preventive health services from infancy to adulthood management and prevention of certain chronic medical conditions Lifestyles and behavior modifications preconception care and pregnancy related health conditions prevention of sexually transmitted diseases management of specific common health conditions in the older adult precautions about medication use It is my belief that this guide will be a good resource to achieving and maintaining a good quality of life

*Internal Revenue Bulletin* United States. Internal Revenue Service,2010 **Congressional Record** United States. Congress,1991 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 Mandated Benefits 2018 Mid-Year Supplement Compliance Guide Buckley, **Human Genome Epidemiology, 2nd Edition** Muin J. Khoury,2010-01-20 The first edition of Human Genome Epidemiology published in 2004 discussed how the epidemiologic approach provides an important scientific foundation for studying the continuum from gene discovery to the development applications and evaluation of human genome information in improving health and preventing disease Since that time advances in human genomics have continued to occur at a breathtaking pace With contributions from leaders in the field from around the world this new edition is a fully updated look at the ways in which genetic factors in common diseases are studied Methodologic developments in collection analysis and synthesis of data as well as issues surrounding specific applications of human genomic information for medicine and public health are all discussed In addition the book focuses on practical applications of human genome variation in clinical practice and disease prevention Students clinicians public health professionals and policy makers will find the book a useful tool for understanding the rapidly evolving methods of the discovery and use of genetic information in medicine and public health in the 21st century **Medical Assistant Exam Prep** Kaplan Nursing,2022-06-07 Kaplan s Medical Assistant Exam Prep provides the in depth content comprehensive review and targeted practice you need to pass the Certified Medical Assistant and Registered Medical Assistant exams Whether you re a first time test taker or you re studying for recertification Kaplan s up to date content and proven test taking strategies will help you face the exam with confidence Kaplan is so certain that Medical Assistant Exam Prep offers all the knowledge you need to pass the exam that we guarantee it After studying with the book you ll score higher on your medical assistant exam or you ll get your money back

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