



Preventive health guidelines

Aetna Better Health adopts nationally accepted evidence-based preventive health guidelines from the U.S. Preventive Services Task Force (USPSTF) and the Centers for Disease Control and Prevention (CDC). In some case, these sources may not provide enough evidence to recommend for or against a service, or there may be conflicting interpretation of the evidence. When this happens, the plan may adopt recommendations from other nationally recognized sources.

Guidelines	Recognized source
Immunizations	CDC
Preventive screenings (pediatric, adult, pediatric, prenatal, senior)	U.S. Preventive Services Task Force (USPSTF) American Academy of Pediatrics – periodicity schedule)

Links to guidelines and physician tools:

- [CDC Immunization guidelines](#) with physician tools
- [CDC COVID-19 Vaccination Resources](#) with physician tools
- [USPSTF Preventive Guidelines](#) (searchable)
- [Recommendations for Preventive Pediatric Care \(2023\)](#) (printable)

The following guidelines have been adopted for routine preventive health services and perinatal care. Preventive health guidelines are used to help improve health care and are not meant to direct coverage, benefit determinations, or treatment decisions. For specific coverage information, members should refer to their Member Handbook or contact Member Services at the number on their plan member ID card.

Please see the member's Summary Plan Description for any out-of-pocket costs for these services.

Preventive health guidelines: children and adolescents

This information is a summary of recommended preventive health services for healthy children and adolescents with normal risks.

Recommended screening ¹	Timing
Obesity	Children and adolescents 6 years and older: Offer or refer to comprehensive, intensive behavioral intervention to promote improvement in weight status.
Depression	Adolescents 12-18 years of age: Screen for major depressive disorder.
Human immunodeficiency virus (HIV)	Adolescents 15 years of age and older: Screen for infection; See Clinical Considerations section for more information about screening intervals.
Tobacco use prevention	School-age children and adolescents: Primary care physicians provide interventions, including education or brief counseling, to prevent initiation of tobacco use. See Clinical Considerations section for more information on effective interventions.
Vision	Children 3-5 years of age: Screen at least once to detect the presence of amblyopia or its risk factors.
Vaccinations	See the CDC website at www.cdc.gov/vaccines/schedules/hcp/index.html

Preventive health guidelines: adults

This information is a summary of recommended preventive health services for healthy adults with normal risks.

Men and women	
Recommended screening ¹	Timing
Alcohol - unhealthy use	Adults 18 years of age and older: Provide persons engaged in risky or hazardous drinking with brief behavioral counseling to reduce unhealthy use.
Colorectal cancer	Adults aged 45 to 75 years of age: Screening for colorectal cancer. Risks and benefits of screening methods vary. See Practice Considerations section for details about screening strategies.
Depression	General adult population: Screening for depression including pregnant and postpartum persons, as well as older adults.

Men and women	
Recommended screening¹	Timing
High blood pressure	Adults 18 years of age and older: Screen with office measurement. Obtain measurements outside of clinical setting for diagnostic confirmation before starting treatment.
Hepatitis C (HCV)	Adults 18-79 years of age: screening for HCV infection.
Human immunodeficiency virus (HIV)	Adults up to age 65 years of age and others at increased risk. See the Clinical Considerations section for more information about screening.
Obesity	All adults: Offer or refer patients with a body mass index of 30 or higher to intensive, multi-component behavioral interventions.
Tobacco use	All adults: Ask about tobacco use, advise to stop using tobacco and provide behavioral interventions and U.S. Food and Drug Administration-approved pharmacotherapy for cessation to adults who use tobacco.
Vaccinations	See the CDC website at www.cdc.gov/vaccines/schedules/hcp/index.html

Men only	
Recommended screening¹	Timing
Abdominal aortic aneurysm	Men 65-75 years of age: one-time screening for abdominal aortic aneurysm with ultrasonography in men who have ever smoked.

Women only	
Recommended screening¹	Timing
Breast cancer	Women 50-74 years of age: biennial screening mammogram.
Cervical cancer	Women 21-65 years of age: screening for cervical cancer every 3 years with cervical cytology alone. Women 30-65 years of age: screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting). See the Clinical Considerations section for the relative benefits and harms of alternative screening strategies for women 21 years or older.
Chlamydia and gonorrhea	Women 24 years of age and younger who are sexually active and women 25 years or older who are at increased risk should be screened.
Osteoporosis	Women 65 years of age and older and women younger than 65 at increased risk: bone measurement testing. See the Clinical Considerations for information on risk assessment.

Women only	
Recommended screening¹	Timing
Intimate partner (domestic) violence	Women of reproductive age: Provide or refer women who screen positive to ongoing support services. See the Clinical Considerations or more information on ongoing support services.

Preventive health guidelines: perinatal

This information is a summary of recommended screenings and vaccinations for healthy pregnant women with normal risk.

Recommended screening¹	Timing
Asymptomatic bacteriuria	Pregnant women: Screening for asymptomatic bacteriuria using urine culture.
Breastfeeding counseling	Pregnant women, new mothers, and their children: Provide interventions during pregnancy and after birth to support breastfeeding.
Depression	During pregnancy and post-partum: Provide or refer women at increased risk or perinatal depression to counseling interventions.
Gestational Diabetes Mellitus	Asymptomatic pregnant women: screen at or after 24 weeks gestation.
Hepatitis B virus (HBV)	Screen at first prenatal visit.
Human immunodeficiency virus	Screen during pregnancy, including those who present in labor whose HIV status is unknown.
Syphilis	Early screening for infection in all pregnant women.
Tobacco use	All pregnant women: Ask about tobacco use, advise to stop using tobacco
Vaccinations	See the CDC website at www.cdc.gov/vaccines/schedules/hcp/index.html .