



AmeriHealth
ADMINISTRATORS®

Wellness guidelines for all ages



Visit www.MyAHATPA.com
for wellness tools and
information

Secure online services — *helping you manage your health*

AmeriHealth Administrators provides an array of online services to support your health care needs and meet your wellness goals.

When you register, your personalized account will give you access to important health information for you and your dependents.

- View eligibility, benefit plan summary, and precertification program information
- Find hospitals and doctors in the network
- View claims and Explanation of Benefit statements
- Print temporary ID cards and request replacement ID cards
- Access health information and tools from WebMD®, including:
 - **Personal Health Record** — securely store, manage, and maintain your personal health information online
 - **Personal Health Profile (PHP)** — answer questions to get your confidential, personalized health plan highlighting your positive health behaviors and suggestions for improvements
 - **My Health Assistant** — after completing the PHP, My Health Assistant helps you select areas of focus based on identified risks and guides you in choosing relevant activities and creating weekly goal plans
 - **Health Topics and Symptom Checker** — receive information on many topics including symptoms, health conditions, medical tests, and treatments
 - **Treatment Cost Estimator** — estimate costs for common conditions
 - **Health Plan Selector** — estimate costs of different health plan options
 - **Health Trackers** — stay motivated by charting your progress in managing your blood pressure, cholesterol, body fat, and other health factors

Visit [MyAHATPA.com](https://www.MyAHATPA.com) and register for convenient access to benefits information, as well as resources and interactive tools to help you manage your health and wellness, 24/7.

Register for online access!

1. Go to [MyAHATPA.com](https://www.MyAHATPA.com).
2. If you already signed up for your AmeriHealth Administrators online services, just enter your user name and password to reach your information and resources.
3. If this is your first visit, choose “Click here to register” for AmeriHealth Administrators cardholders under the “Login” box on the left menu bar to create your user account.

Follow the instructions to enter a user name and password of your choice.

All of the preventive care suggestions within this document are meant to be guidelines only. Wellness guidelines are constantly changing and these guidelines were current at the time of publishing. Please discuss your individual needs and the recommended wellness guidelines with your health care provider. Some individuals may require earlier or more frequent screenings based on their personal/family history or risk levels; this should be discussed with a health care provider. Please check with your benefits documents for the terms, limitations, and exclusions of your plan’s coverage for these services.



Communicating with your doctor — *preparing for your next office visit*

Topics to discuss with your health care provider

Make the most of each visit with your or your child's health care provider. Bring a list of topics to discuss and be honest with your doctor about your health concerns and symptoms — *don't be afraid to ask questions*. During your visit, we suggest the following:

- Discuss any individual or family **health history** that may affect your current health status.
- Review any **screening results** such as blood pressure, height, weight, body mass index (BMI), glucose, and cholesterol.
- Review **taking medication safely** and correctly; routinely review usage/dosage of medications, including over-the-counter and oral supplements such as herbals, vitamins, and minerals.
- Check that all age-appropriate **immunizations** are up to date, including flu, pneumococcal, and tetanus vaccinations (see specific immunization schedules: www.cdc.gov/vaccines/recs/schedules).
- Discuss **feelings** of sadness and/or depression.
- Review your **risk** of violence, signs of abuse, and risk of neglect.
- Review **sleeping** concerns and ways to **reduce stress**.
- Review **dental health** for infants and children, including how to prevent baby bottle tooth decay and the need for fluoride supplements.
- If sexually active, discuss **birth control** options, family planning, and ways to **prevent sexually transmitted diseases**.
- For men ages 45–79 and women ages 55–79, review if aspirin is recommended for the **prevention of heart disease**.
- Review need for **diabetes, vision, glaucoma, and bone density screenings**.
- Females: Ask about the benefits and limitations of **breast self-exam**.
- Females: Ask about **managing menopausal** signs and symptoms and available treatment options.



Personal care

You can receive more personal attention when you build a relationship with your primary care physician and his or her staff because they:

- know your medical history
- can plan appropriate preventive measures
- are available for follow-up treatment
- provide consistent care

Convenience & Savings

You choose your health care provider based on what works best for you. However, using an in-network provider can save you a significant amount of money because they cannot bill you for amounts that exceed your Plan's network allowance.

Visit www.MyAHATPA.com to locate network health care providers.

Preventive Care Screening Recommendations — for Adult Care (Age 19 and older)

You know your body better than anyone else, so be sure to tell your health care provider if there are any changes with your body, mood, or behaviors that could affect your health risk factors. Keep in mind there are also hidden risk factors that you may not notice but can be detected through routine physical exams and preventive care screenings.

Prevention can be the best medicine!

This document can be used as a reference tool to help you plan your preventive care. This list was compiled based on the advice of the U.S. Preventive Services Task Force supported by the Agency for Healthcare Resources and Quality prevention and care management.

Your specific needs for preventive care services may vary from these suggested guidelines so it is best to discuss with your health care provider to get recommendations based on your history, health risks, age, and gender.

ROUTINE SCREENING RECOMMENDATIONS (non-gender specific)

Screening	19	20	30	40	50	60	65+
Physical Exam including height, weight, and BMI ¹	Every 1-2 years for adults 19-39			Every year for adults 40 and older			
Blood Pressure	Every 2 years						
Diabetes (fasting blood glucose)	Screen before age 45 if at risk			Every 3 years beginning at age 45, if at risk, or as recommended by your health care provider			
	Individuals who have high blood pressure or take medication for high blood pressure should be screened for diabetes.						
Cholesterol (lipid panel)	Every 5 years beginning at age 20						
Colorectal Cancer Screening					Starting at age 50, following one of these testing schedules: colonoscopy (every 10 years) sigmoidoscopy (every 5 years) fecal occult blood test (annual)		
Hearing	Discuss frequency with health care provider						
Vision	Discuss frequency with health care provider			Every 2-4 years		Every 1-2 years	
STD (including Chlamydia, Gonorrhea, HIV, and Syphilis)	All sexually active males and females						
Depression	Discuss with a health care provider at any time						

¹Discuss tobacco, substance abuse, and environmental/occupational risk factors.

WOMEN'S HEALTH RECOMMENDATIONS

Breast Exam, Self-exam	Monthly
Breast Exam, Doctor Exam	Annually
Mammogram	Annual for woman 40 and over
Pelvic Exam/Pap Test	Every 1 to 3 years (ages 21-65 and have been sexually active); women over 65 should discuss with their health care provider when to stop screening
Bone Density Test	Start at age 65 or earlier if at high-risk for bone fractures


MEN'S HEALTH RECOMMENDATIONS


Prostate Cancer	Starting at age 50, discuss the potential benefits and limitations of prostate cancer screening methods, prostate-specific antigen (PSA) test, and digital rectal examination with your health care provider.
Abdominal Aortic Aneurysm	One-time screening for men ages 65 to 75 who have ever smoked


Preventive Care Immunization Recommendations — for Adult Care (Age 19 and older)

CDC Recommended Adult Immunization Schedule - 2012*

Vaccine	19-21	22-26	27-49	50-59	60-64	65+
Influenza	1 dose annually					
Tetanus, diphtheria, pertussis (Td/Tdap)	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years					Td/Tdap
Varicella (Chicken Pox)	2 doses					
Human papillomavirus (HPV) - female	3 doses					
Human papillomavirus (HPV) - male	3 doses					
Zoster (Shingles)					1 dose	
Measles, mumps, rubella (MMR)	1 or 2 doses				1 dose	
Pneumococcal	1 or 2 doses					1 dose
Meningococcal	1 or more doses					
Hepatitis A	2 doses					
Hepatitis B	3 doses					

 For all persons who meet the age requirements and lack documentation of vaccination or have no evidence of previous infection.

 Recommended if some other risk factor is present.

 Tdap recommended for 65+ if contact with <1 year old child. Either Td or Tdap if no infant contact.

*Additional information about vaccines in this schedule are available online at www.cdc.gov/vaccines. The Centers for Disease Control and Prevention published this immunization schedule based on the recommendations of the Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American College of Physicians, American College of Obstetricians and Gynecologists, and American College of Nurse-Midwives.



Preventive Care Screening Recommendations — for Children (from birth to 18 years)

Having a baby is a very exciting time in your life and the joy continues as you watch your child grow. Start your child's wellness path from birth by working closely with your pediatrician by scheduling regular office visits. Your child's health is very important and it is never too early to establish healthy habits including good nutrition, physical activity, regular screenings, and keeping up with recommended vaccinations.

Prevention can be the best medicine!

This document can be used as a reference tool to help you plan for your child's preventive care. This list was compiled based on the advice of the U.S. Preventive Services Task Force supported by the Agency for Healthcare Resources and Quality prevention and care management and the American Academy of Pediatrics.

Your child's specific needs for preventive care services may vary from these suggested guidelines so it is best to discuss with your pediatrician to get recommendations based on medical history, health risks, age, and gender.

ROUTINE SCREENING RECOMMENDATIONS (non-gender specific)

Screening	Birth - 12 months	12-23 months	2-3 years	4-6 years	7-10 years	11-12 years	13-18 years
Well Child Evaluation ¹	3-5 days; 1 month; 2, 4, 6, & 9 months	12,15,18 months	24 months 30 months 3 years	Annually throughout childhood			
Blood Pressure	Only if specific risk conditions exist			Annually beginning at age 3			
Body Mass Index (BMI) and Obesity			Check BMI annually. Screen for obesity from age 6-18 and refer to weight management interventions, if evident				
Height (length) and Weight	Measure at every office visit from newborn throughout infancy and childhood						
Hearing	Newborns			Annually	Every 2 years		
Vision	Discuss frequently with health care provider (at least once between 3-5 years)			Annually	Every 1-2 years		Every 2-3 years
Phenylketonuria (PKU)	Newborns						
Sickle Cell Disease	Newborns						
Ophthalmia Neonatorum	Newborns						
Congenital Hypothyroidism	2-4 days						
Lead Poisoning		Screen blood for elevated levels in children ages 1-5					
Depression	Discuss with a health care provider at any time						

¹ Additional screenings may be recommended by your child's health care provider based on risk factors. This includes but is not limited to cholesterol, diabetes, and tuberculosis screenings.

YOUNG WOMEN'S HEALTH RECOMMENDATIONS

Pelvic Exam/Pap Test	Recommended if sexually active
STD (including Chlamydia, Gonorrhea, HIV, and Syphilis)	Annual screening recommended for sexually active women under 25 years
HPV	Recommended for sexually active women 11 years and older

YOUNG MEN'S HEALTH RECOMMENDATIONS

STD (including Chlamydia, Gonorrhea, HIV, and Syphilis)	Recommended for sexually active individuals at increased risk of infection
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Preventive Care Immunization Recommendations — for Children (from birth to 18 years)

CDC Recommended Immunization Schedule for birth through 6 years - 2012*

Vaccine	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	19-23 months
Hepatitis B	HepB	HepB			HepB					
Rotavirus			RV	RV	RV					
Diphtheria, tetanus, pertussis			DTap	DTap	DTap			DTap		
Haemophilus influenzae type b			Hib	Hib	Hib		Hib			
Pneumococcal			PCV	PCV	PCV		PCV			
Inactivated poliovirus			IPV	IPV	IPV					
Influenza					Influenza (annually)					
Measles, mumps, rubella (MMR)							MMR			
Varicella (Chicken Pox)							Varicella			
Hepatitis A							Dose 1			
Meningococcal						MCV4				



Range of recommended ages for all children



Range of recommended ages for certain high-risk groups

CDC Recommended Immunization Schedule for 2 through 18 years - 2012*

Vaccine	2-3 years	4-6 years	7-10 years	11-12 years	13-18 years
Tetanus, diphtheria, pertussis		1 dose	1 dose	1 dose	1 dose
Human papillomavirus				3 doses	3-dose series
Meningococcal	2-doses if not previously vaccinated			1 dose	1 dose booster at 16
Influenza	Annually				
Pneumococcal	1 dose				
Hepatitis A	Complete 2-dose series if not vaccinated or at high-risk				
Hepatitis B	3-dose series				
Inactivated poliovirus		1 dose	3-dose series		
Measles, mumps, rubella (MMR)		1 dose	2-dose series		
Varicella (Chicken Pox)		1 dose	2-dose series		



Range of recommended ages for all children



Range of recommended ages for catch-up



Range of recommended ages for certain high-risk groups

*Additional information about vaccines in this schedule are available online at www.cdc.gov/vaccines. The Centers for Disease Control and Prevention published this immunization schedule based on the recommendations of the Advisory Committee on Immunization Practices, Academy of Pediatrics, and American Academy of Family Physicians.



By The Numbers — What You Should Know

Blood Pressure — Should be less than 130/85

Status	Systolic (Top #)		Diastolic (Bottom #)
Normal	<120	AND	<80
Pre-hypertension	120-139	OR	80-89
Stage 1 hypertension	140-159	OR	90-99
Stage 2 hypertension	≥160	OR	≥100

Results: _____ Date: _____

Blood Glucose — Should be less than 100 mg/dl fasting

Status	Fasting	Non-Fasting
Normal	<99 mg/dl	≤139 mg/dl
Pre-diabetes	100-125 mg/dl	140-199 mg/dl
Diabetes	≥126 mg/dl	≥200 mg/dl

Results: _____ Date: _____

Cholesterol — Total/HDL ratio should be less than 3.5

Status	Total	HDL	LDL	Total/HDL Ratio	Triglycerides
Desirable	<200	≥60	<130	<3.5	<150
Borderline	200-239	50-59	130-159	3.6-4.9	151-199
High Risk	≥240	<50	≥160	>5.0	>200

Results: _____ Date: _____

Body Mass Index (BMI) — Should be 18.5-24.9

Status	BMI	Waist Circumference
Underweight	<18.5	Less than 40 inches for men is healthy
Normal weight	18.5-24.9	
Overweight	25.0-29.9	Less than 35 inches for women is healthy
Obese	≥30	

Results: _____ Date: _____

What You Can Control

There are many things you can do to help reduce or delay the risk of developing chronic health conditions.

1. Maintain a healthy weight — eat fewer calories, think about portion control, and exercise more.
2. Eat less processed foods, sugars, and carbohydrates. Also avoid high-calorie and sweetened drinks.
3. Avoid salt and saturated fat.
4. Limit the amount of fat you get from red meat and dairy products.
5. Choose healthier fats — trans fats found in fried foods and some commercial products like crackers, cookies, and snacks can increase cholesterol. Healthy fats include nuts, fish, olive oil, canola oil, and avocado.
6. Quit smoking.
7. Limit alcohol intake.
8. Drink plenty of water.
9. Try to get at least 30 minutes of physical activity most days of the week.
10. Relax and enjoy life — reducing stress in the workplace and at home will improve your health.
11. Be sure to get enough sleep — most adults needs 7 to 8 hours a day.

HEALTH RECORD

Name _____ Phone _____

My doctors:

Primary Care Physician _____ Phone _____
Dentist _____ Phone _____
Pharmacy _____ Phone _____
Specialist _____ Phone _____
Specialist _____ Phone _____
Specialist _____ Phone _____

My medications:

Name	Dose	When	For	Prescribed by

Allergies _____

Health benefits administrator _____ AmeriHealth Administrators

Customer service _____

My immunizations:

Flu _____ Pneumonia _____
Tetanus _____ Other _____

Many local clinics, health centers, pharmacies, community services, and other organizations provide health services such as the flu vaccine, so it is important that you document where and when you received your immunizations.

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Health and safety tips — *For you and your family*

- Adhere to a healthy diet and maintain a healthy weight.
- Practice regular physical activity as recommended by your health care provider.
- Follow good oral hygiene, including tooth brushing with fluoride toothpaste, flossing daily, and regular dentist visits.
- Avoid illegal drug use, tobacco use, and excessive alcohol use.
- Adopt sensible sun protection/safety practices.
- Use appropriate protective/safety practices and gear when engaged in recreational activities.
- Practice regular use of seat belts, car seats, and air bags as appropriate.
- Store firearms, matches, medications, and toxic chemicals safely.
- Keep the number for poison control handy — 1-800-222-1222.
- Properly install, test, and maintain smoke/carbon monoxide detectors.
- Use flame-retardant sleepwear for all children; maintain proper sleep environment/position for infants.
- Evaluate your home for risk of falls and other injuries, especially if there are young children and/or older individuals in the home.
- Keep your hot water heater at a temperature less than 120 degrees.
- All women who are planning to or are capable of becoming pregnant should take 400 - 800 mcg of folic acid daily.

Maternity Support — *With the Baby BeginningsSM Program*



This program offers eligible families:

- Three confidential pregnancy assessments.
- Your Journey Through Pregnancy: a comprehensive book to guide you through pregnancy.
- Access to personalized website resource.
- Dedicated maternity nurse to manage high-risk maternity care.
- Toll-free BabyLine[®] answered by highly experienced OB nurses, 24/7, available until your baby is six weeks old.
- Text4babySM to help guide mothers through their pregnancy and the baby's first year.

Baby Beginnings helps make your pregnancy experience a healthy and happy one.

The Baby Beginnings program is administered by AlereTM Women's and Children's Health, a division of the Alere group of companies. Alere and BabyLine are trademarks of the Alere group of companies. Text4baby is a free service of the National Healthy Mothers, Healthy Babies Coalition.

Thinking about becoming pregnant?

Baby Beginnings also offers a preconception program that is designed to help you make the best decisions about your health, nutrition, and lifestyle before you become pregnant. This program offers:

- A pregnancy test kit
- Preconception risk assessment with education
- Nutrition consultation with a registered dietician
- Preconception informational pamphlets from sources you can trust

ENROLL TODAY at no cost to you!

Call toll-free **1-888-206-1315**

or visit www.MyAHATPA.com



Useful Resources

- Advisory Committee on Immunization Practices
www.cdc.gov/vaccines/recs/schedules
- American Academy of Pediatrics
www.aap.org
- American Cancer Society
www.cancer.org
- American College of Obstetricians and Gynecologists
www.acog.org
- American Diabetes Association
www.diabetes.org
- American Heart Association
www.heart.org
- American Academy of Ophthalmology
www.aaopt.org
- Centers for Disease Control and Prevention
www.cdc.gov
- National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov
- National Osteoporosis Foundation
www.nof.org
- U.S. Preventive Services Task Force
www.dhrq.gov/clinic/uspstfix.htm



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