Preventive health services

for you and your family

Review these recommended preventive health services for healthy adults and children with average risk. You can ask your doctor about the screenings and vaccines that are best for you and your family. Be sure to discuss when to get them, too.

FOR INFANTS, CHILDREN AND ADOLESCENTS: Recommended preventive health screenings*

Anemia screening	Your health care team will help you decide when and how often screening is needed
Body mass index (BMI) measurement	Periodically for ages 24 months and older
Chicken pox (varicella) vaccine	Between ages 12 and 15 months, and between 4 and 6 years
COVID-19	6 months to 18 years, following CDC recommended schedule
Depression	Regularly for 12 years old and older
Diphtheria-tetanus-pertussis (DTaP) vaccine	At ages 2, 4 and 6 months; ages 15 through 18 months; and ages 4 through 6 years
H. influenzae type B (Hib) vaccine	Ages 0–15 months
Hearing screening	Periodically throughout childhood and adolescence
Hepatitis A (HepA) vaccine	Ages 0–18 months
Hepatitis B (HepB) vaccine	Ages 0–18 months
Human Immunodeficiency Virus (HIV) screening	Periodically for adolescents at increased risk
Human papillomavirus (HPV) vaccine	Adolescents aged 11 or 12 years. May be given beginning at age 9. Also recommended for everyone through age 26, if not adequately vaccinated previously.
Inactivated polio vaccine (IPV) vaccine	At ages 2 and 4 months; between ages 6 and 18 months; and ages 4 through 6 years
Influenza vaccine	Every flu season, beginning at age 6 months
Lead screening risk assessment	Periodically during well-child visits from 6 months through age 6
Measles-mumps-rubella (MMR) vaccine	Periodically during well-child visits from 6 months through age 6
Meningococcal vaccine	Adolescents aged 11 or 12 , with a booster dose at age 16
Newborn hearing screening	One time before 1 month of age
Newborn screening panel*	One time before infant leaves hospital or birthing center
Obesity screening and counseling	Children and adolescents aged 6 years and older
Oral fluoride varnish	Children 6 months–5 years
Pneumococcal conjugate vaccine (PCV)	Children younger than 2 years of age
Respiratory syncytial virus immunization (RSV)	Birth–19 months, depending on maternal RSV vaccination status
Rotavirus vaccine	Infants younger than 8 months of age
Tetanus-diphtheria-pertussis (Tdap) vaccine	Adolescents aged 11 or 12 years. May be given as early as age 7
Vision screening	One time before age 5, then periodically ages 3–17

*FOR RECOMMENDED PREVENTIVE HEALTH SCREENINGS: American Academy of Pediatrics. Recommendations for Preventive Pediatric Health Care. Dec 2025. Available at: **Downloads.AAP.org/AAP/PDF/periodicity_schedule.pdf**. Accessed November 18, 2025.

*FOR NEWBORN SCREENING PANEL: Health Resources and Services Administration. Advisory Committee on Heritable Disorders in Newborns and Children. Dec 2025. Available at: **HRSA.gov/advisory-committees/heritable-disorders/index.html**. Accessed November 18, 2025.

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FOR ADULTS:
Recommended preventive health screenings and vaccines

Abdominal aortic aneurysm screening	Once for men aged 65–75 who have smoked tobacco
Alcohol misuse screening	Adults aged 18 and older, including pregnant women
Anxiety screening	Routinely — adults 18 years of age and older, including pregnant and postpartum women
Bacteriuria screening	All pregnant women
Blood pressure screening	Every 2-3 years for adults 18+, Annually for adults 40+ and adults 18+ at increased risk (Black or BMI >25)
Body mass index (BMI) measurement	Annually for adults aged 18 and older
Breast cancer screenings*	Yearly for average-risk women 40 to 74 years of age
Breastfeeding counseling, support	Counseling and support when provided by a trained health care professional during pregnancy and/or in the postpartum period. Breast pump and supplies during pregnancy or at any time following delivery for breastfeeding
Cervical cancer screening	Adults aged 21–29: Pap smear every 3 years. Adults aged 30–65: Pap smear every 3 years or Pap smear and HPV testing every 5 years. Talk with your doctor about the method of screening that is right for you
Cholesterol screening	Every 5 years (age 35+)
Colorectal cancer screening	Adults aged 45 and older. Talk with your doctor about the method of screening and how often is right for you
Contraceptive education and counseling	Contraceptive methods that are FDA-approved for women
COVID-19	1 or more doses based on CDC guidelines, 19 years of age and older
Depression screening	Regularly for adults aged 18 and older, including pregnant and postpartum women
Diabetes screening	Regularly for adults aged 18 and older, including pregnant and postpartum women
Sexually Transmitted Infections (STIs), such as Gonorrhea	Regularly for sexually active women aged 24 and younger, and in older women who are at increased risk for infection
Hepatitis B screening	Pregnant women at their first prenatal visit. Nonpregnant adolescents and adults at high risk
Hepatitis C screening	Adults born between 1945 and 1965: one time screening. Once for adults aged 18 to 79 years of age without risk factors. Periodically for people with continued risk for hepatitis C infection
Human papillomavirus (HPV) screening	See cervical cancer screening section above
Human papillomavirus (HPV) vaccine	Recommended for everyone through age 26, if not adequately vaccinated previously pregnant women
Influenza vaccine	Every flu season
Intimate partner violence screening	At least annually for adolescent and adult women

Continued on page 3

*FOR BREAST CANCER SCREENING: American Cancer Society. American Cancer Society recommendations for the early detection of breast cancer. November 18, 2025. Available at: **Cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/american-cancer-society-recommendations-for-the-early-detection-of-breast-cancer.html.** November 18, 2025.

FOR ADULTS:
Recommended preventive health screenings and vaccines (continued)

Lung cancer screening	Current or former smokers 50 to 80 years of age with a 20 pack-years or more smoking history and, if a former smoker, has quit within the past 15 years
Obesity counseling	Adults with a body mass index (BMI) of 30 or higher
Osteoporosis screening (bone density test)	Regularly for women aged 65 and older; postmenopausal women younger than age 65 at increased risk
Pneumococcal vaccine	Adults aged 50 and older
Preeclampsia screening	All pregnant women should be screened throughout pregnancy with blood pressure checks at each prenatal visit
Prostate Cancer Screening	Men 55 to 69 years of age should talk to their provider about whether screening is right for them
Respiratory syncytial virus immunization (RSV)	Pregnant woman at 26-32 weeks gestation, from September–January; adults 50 years of age and older
Rh incompatibility screening (blood typing and antibody testing)	All pregnant women during their first visit for pregnancy-related care
Shingles vaccine	Adults aged 50 and older
Tetanus-diphtheria-pertussis (Td/Tdap) vaccine	If Tdap was not given at, or after, age 11: 1 dose Tdap, then Td or Tdap every 10 years, 1 dose of Tdap is also recommended during each pregnancy
Tobacco use screening and counseling	Regularly for adults aged 18 and older, including pregnant women
Tuberculosis infection screening	Asymptomatic adults aged 18+ at increased risk of latent tuberculosis infection (persons born in, or former residents of, countries with high TB prevalence and persons who live in, or have lived in, high-risk congregate settings)
Unhealthy drug use screening	Regularly for adults aged 18 and older, including pregnant women

This Preventive Care information is accurate as of November 18, 2025. Since preventive guidelines change frequently, please consult **Aetna.com/individuals-families/medication-safety-vaccines/health-screenings-vaccinations.html** for current information.

The preventive health screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPTF). Available at: **USPreventiveServicesTaskForce.org/uspstf/**. Accessed November 18, 2025.

The vaccine recommendations for people 18 and under are based on the Centers for Disease Control and Prevention (CDC), found online at **CDC.gov/vaccines/?CDC_AAref_Val=https://www.cdc.gov/vaccines/schedules/** as of November 18, 2025. Recommendations change often. A full list of the most current recommendations may be accessed at these websites. Accessed November 18, 2025.

Before scheduling a visit for a suggested preventive care service, be sure to check your Summary Plan Description (SPD) to determine your share of the cost for these services.

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