



# GUYS, THIS IS YOUR WELLNESS CHECKLIST

Use it to stay up to date and in the know about your health.

**The top six things you can do to live a healthier life:**

- Get recommended screening tests.
- Be tobacco-free.
- Be physically active.
- Eat a healthy diet.
- Maintain a healthy weight.
- Take preventive medicines if your doctor prescribes them.



The next time you go in for a checkup, bring this handy checklist along. Decide with your doctor which tests are right for you based on your age, gender and family history. Record the details here, like current and future test dates, results and any questions you need answered.

It's all about keeping you healthy so you can get more out of life. For more information, check out the Preventive Care Reference Guide on [myCigna.com](http://myCigna.com).

Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
Periodic physical, may include:					
Height					
Weight					
Body mass index (BMI)		18.5-24.9 <sup>1</sup>			
Waist circumference		40 inches or less <sup>1</sup>			
Vision screening					
Hearing screening					
Blood pressure (systolic) <sup>2</sup>		<b>High:</b> 140 or above <b>Prehypertension:</b> 120-139 <b>Normal adult:</b> 119 or below			
Blood pressure (diastolic) <sup>2</sup>		<b>High:</b> 90 or above <b>Prehypertension:</b> 80-89 <b>Normal adult:</b> 79 or below			
Additional recommended screenings:					
Diabetes screening (glucose)		Adults with sustained blood pressure greater than 135/80 <b>Desirable range:</b> Fasting blood sugar (glucose) less than 100 mg/dL			
Cholesterol/lipid disorders screenings		Ages 35 and older, or ages 20-35 if risk factors			
– Cholesterol (total) <sup>3</sup>		<b>Desirable:</b> Less than 200 mg/dL <b>Borderline high:</b> 200-239 mg/dL <b>High:</b> 240 mg/dL or higher			

**GO YOU**<sup>SM</sup>



Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
– HDL cholesterol <sup>3</sup>		<b>Desirable (high):</b> More than 60 mg/dL <b>Acceptable:</b> 40-60 mg/dL <b>Undesirable (low):</b> Less than 40 mg/dL			
– LDL cholesterol <sup>3</sup>  <i>Note: High risk individuals should discuss their goals with their doctor.</i>		<b>Desirable:</b> Less than 100 mg/dL <b>Near desirable:</b> 100-129 mg/dL <b>Borderline high:</b> 130-159 mg/dL <b>High:</b> 160-189 mg/dL <b>Very high:</b> 190 mg/dL or higher			
– Triglycerides <sup>3</sup>		<b>Desirable:</b> Less than 150 mg/dL <b>Borderline desirable:</b> 150-199 mg/dL <b>High:</b> 200-499 mg/dL <b>Very high:</b> 500 mg/dL or higher			
Prostate screening (PSA)		Ages 50+, or age 40 if risk factors			
Ultrasound for abdominal aortic aneurysm (AAA)		Ages 65-75 who have smoked			
Colorectal cancer screening		Ages 50+			
<b>Immunizations, including:</b>					
Hepatitis A and B		Those at risk			
Influenza vaccination		All adults, annually			
Pneumonia vaccination		Once for those ages 65+, or younger if risk factors			
Tetanus vaccination		Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older			
Varicella (chickenpox)		Second dose catch-up or if no evidence of prior immunization or chickenpox			
Zoster (shingles)		Ages 60+			

**NOTE:** The average ranges above are general recommendations. You should always talk with your doctor if you have any questions or health care concerns.

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- Eat a healthy diet.
- Maintain a healthy weight.
- Take preventive medicines if your doctor prescribes them.



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Periodic physical, may include:					
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Waist circumference		35 inches or less <sup>1</sup>			
Vision screening					
Hearing screening					
Blood pressure (systolic) <sup>2</sup>		<b>High:</b> 140 or above <b>Prehypertension:</b> 120-139 <b>Normal adult:</b> 119 or below			
Blood pressure (diastolic) <sup>2</sup>		<b>High:</b> 90 or above <b>Prehypertension:</b> 80-89 <b>Normal adult:</b> 79 or below			
Additional recommended screenings:					
Diabetes screening (glucose)		Adults with sustained blood pressure greater than 135/80 <b>Desirable range:</b> Fasting blood sugar (glucose) less than 100 mg/dL			
Cholesterol/lipid disorders screenings:		Ages 45 and older or ages 20-45 if risk factors			
– Cholesterol (total) <sup>3</sup>		<b>Desirable:</b> Less than 200 mg/dL <b>Borderline high:</b> 200-239 mg/dL <b>High:</b> 240 mg/dL or higher			

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Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
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– Triglycerides <sup>3</sup>		<b>Desirable:</b> Less than 150 mg/dL <b>Borderline desirable:</b> 150-199 mg/dL <b>High:</b> 200-499 mg/dL <b>Very high:</b> 500 mg/dL or higher			
Pap test		Ages 21-65, every 3 years			
Chlamydia		Sexually active women ages 24 and under, older women at risk			
Mammogram		Ages 40+ every 1-2 years			
Osteoporosis (bone density)		Ages 65+, or under age 65 if at risk			
Colorectal cancer screening		Ages 50+			
HIV screening and counseling		Sexually active women annually			
<b>Immunizations, including:</b>					
Hepatitis A and B		Those at risk			
HPV		Catch-up, through age 26			
Influenza vaccination		All adults annually			
Pneumonia vaccination		Once for those ages 65+, or under age 65 if risk factors			
Tetanus vaccination		Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older			
Varicella (chickenpox)		Second dose catch-up if no evidence of prior immunization or chickenpox			
Zoster (shingles)		Ages 60+			

**NOTE:** The average ranges above are general recommendations. You should always talk with your doctor if you have any questions or health care concerns.

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# THIS IS THE WELLNESS CHECKLIST FOR YOUR KIDS.

Use it to stay up to date and in the know about their health.



## Here are the top six things you can do to help keep your kids healthy:

- Get recommended vaccines and screening tests.
- Encourage physical activity.
- Feed them healthy meals and snacks.
- Help your child stay at a healthy weight.
- Provide preventive medicines if your child's doctor prescribes them.

The next time you bring your child in for a checkup, remember to bring along this useful checklist. That way, you and your pediatrician can decide together which tests are right for your child based on age, gender and family history. And you'll have somewhere handy to write down important details, like date of visit, results, measurements and any questions you need answered.

It's all about keeping you and your family healthy so you can get more out of life. For more information about our preventive care services and screenings, check out the Preventive Care Reference Guide on [myCIGNA.com](http://myCIGNA.com).



## Recommended well-child visits

Age	Height/length	Weight	Body mass index (BMI)	Date of visit	Notes/questions, doctor's recommendations
Birth					
1 month					
2 months					
4 months					
6 months					
9 months					
12 months					
15 months					
18 months					
24 months					
30 months					
3 years					
4 years					
5 years					
6 years					
7 years					
8 years					
9 years					
10 years					
11 & 12 years					
13 & 14 years					
15 & 16 years					
17 & 18 years					

## Children's wellness checklist

Recommended screenings	Birth to 2 years	Ages 3-10	Ages 11-18
Size measurements	Weight, length & head circumference at each visit; BMI - 24 & 30 mos.	Height, weight & BMI at each visit	
Vision screening		Ages 3, 4, 5, 6, 8 & 10, or as your doctor advises	Ages 12, 15 & 18, or as your doctor advises
Hearing screening	All newborns by 1 month	Ages 4, 5, 6, 8, 10, or as your doctor advises	
Fluoride	Older than 6 months evaluate for sufficient fluoride in drinking water		
Cholesterol		Screening of children and adolescents (after age 2, by page 10) at risk	
Hemoglobin or hematocrit	12 months		

Children's wellness checklist



Recommended immunization schedule 2012	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years	7-10 years	11-12 years	13-18 years
Hepatitis A								HepA			HepA Series				HepA Series
Hepatitis B	HepB	HepB						HepB							HepB Series
Rotavirus			RV	RV	RV										
Diphtheria, tetanus, pertussis			DTaP	DTaP	DTaP		DTaP	DTaP				DTaP	DTaP		Tdap
<i>Haemophilus influenzae</i> type b			Hib	Hib	Hib		Hib								Tdap
Pneumococcal			PCV	PCV	PCV		PCV				PPSV				Pneumococcal
Inactivated poliovirus			IPV	IPV			IPV					IPV			IPV Series
Influenza										Influenza (yearly)					
Measles, mumps, rubella							MMR					MMR			MMR Series
Varicella							Varicella					Varicella			Varicella Series
Meningococcal										MCV4					MCV4
Human papillomavirus															Booster at 16 yrs
															HPV Series

Range of recommended ages  
 Range of recommended ages and certain high risk groups  
 Catch-up immunizations  
 Certain high-risk groups

If your child misses a scheduled vaccination, you don't need to start over. Just bring your child back in to your pediatrician's office for the shot. The doctor will keep your child up-to-date on all vaccinations. Questions? Talk to your doctor.

For recommendations on ways to keep your family healthy, including healthy eating suggestions and exercise tips, visit the websites below:

- <http://www.cdc.gov/healthyliving/>
- <http://childrenwebmd.com/>
- <http://www.choosemyplate.gov/>

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These preventive health recommendations are based on recommendations from the Advisory Committee on Immunization Practices, U.S. Preventive Services Task Force, American Academy of Pediatrics, and one nationally recognized provider or additional information on immunizations, visit the Immunization Schedule section of cdc.gov. This document is a general guide. Always discuss your child's particular care needs with your doctor. The immunization schedule is printed with permission from the Centers for Disease Control and Prevention.

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Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
Periodic physical, may include:					
Height					
Weight					
Body mass index (BMI)		18.5-24.9 <sup>1</sup>			
Waist circumference		40 inches or less <sup>1</sup>			
Vision screening					
Hearing screening					
Blood pressure (systolic) <sup>2</sup>		<b>High:</b> 140 or above <b>Prehypertension:</b> 120-139 <b>Normal adult:</b> 119 or below			
Blood pressure (diastolic) <sup>2</sup>		<b>High:</b> 90 or above <b>Prehypertension:</b> 80-89 <b>Normal adult:</b> 79 or below			
Additional recommended screenings:					
Diabetes screening (glucose)		Adults with sustained blood pressure greater than 135/80 <b>Desirable range:</b> Fasting blood sugar (glucose) less than 100 mg/dL			
Cholesterol/lipid disorders screenings		Ages 35 and older, or ages 20-35 if risk factors			
– Cholesterol (total) <sup>3</sup>		<b>Desirable:</b> Less than 200 mg/dL <b>Borderline high:</b> 200-239 mg/dL <b>High:</b> 240 mg/dL or higher			





Test/screening	Test date	Recommendations/average range	My results	Next test date	Notes/questions
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– Triglycerides <sup>3</sup>		<b>Desirable:</b> Less than 150 mg/dL <b>Borderline desirable:</b> 150-199 mg/dL <b>High:</b> 200-499 mg/dL <b>Very high:</b> 500 mg/dL or higher			
Prostate screening (PSA)		Ages 50+, or age 40 if risk factors			
Ultrasound for abdominal aortic aneurysm (AAA)		Ages 65-75 who have smoked			
Colorectal cancer screening		Ages 50+			
<b>Immunizations, including:</b>					
Hepatitis A and B		Those at risk			
Influenza vaccination		All adults, annually			
Pneumonia vaccination		Once for those ages 65+, or younger if risk factors			
Tetanus vaccination		Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older			
Varicella (chickenpox)		Second dose catch-up or if no evidence of prior immunization or chickenpox			
Zoster (shingles)		Ages 60+			

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Age	Height/length	Weight	Body mass index (BMI)	Date of visit	Notes/questions, doctor's recommendations
Birth					
1 month					
2 months					
4 months					
6 months					
9 months					
12 months					
15 months					
18 months					
24 months					
30 months					
3 years					
4 years					
5 years					
6 years					
7 years					
8 years					
9 years					
10 years					
11 & 12 years					
13 & 14 years					
15 & 16 years					
17 & 18 years					

Recommended screenings	Birth to 2 years	Ages 3–10	Ages 11–18
Size measurements	Weight, length & head circumference at each visit; BMI – 24 & 30 months	Height, weight & BMI at each visit	
Vision screening		Ages 3, 4, 5, 6, 8 & 10, or as your doctor advises	Ages 12, 15 & 18, or as your doctor advises
Hearing screening	All newborns by 1 month	Ages 4, 5, 6, 8 & 10, or as your doctor advises	
Fluoride	Older than 6 months, evaluate for sufficient fluoride in drinking water		
Cholesterol		Screening children and adolescents (after age 2 but by age 10) at risk	
Hemoglobin or hematocrit	12 months		



## Children's wellness checklist

Recommended immunization schedule 2012	Birth	1 month	2 months	4 months	6 months	9 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B	HepB	HepB			HepB							
Rotavirus			RV	RV	RV							
Diphtheria, tetanus, pertussis			DTaP	DTaP	DTaP			DTaP				DTaP
<i>Haemophilus influenzae</i> type b			Hib	Hib	Hib		Hib					
Pneumococcal			PCV	PCV	PCV		PCV				PPSV	
Inactivated poliovirus			IPV	IPV	IPV							IPV
Influenza					Influenza (yearly)							
Measles, mumps, rubella							MMR					MMR
Varicella							Varicella					Varicella
Hepatitis A							HepA			HepA series		
Meningococcal						MCV4						

Recommended immunization schedule 2012	7–10 years	11–12 years	13-18 years
Tetanus, diphtheria, pertussis	Tdap	Tdap	Tdap
Human papillomavirus		HPV (3 doses)	HPV series
Meningococcal	MCV4	MCV4	MCV4 booster at 16 yrs
Pneumococcal	Pneumococcal		
Influenza	Influenza (yearly)		
Hepatitis A	HepA series		
Hepatitis B	HepB series		
Inactivated poliovirus	IPV series		
Measles, mumps, rubella	MMR series		
Varicella	Varicella series		

 Range of recommended ages
  Range of recommended ages and certain high risk groups
  Catch-up immunizations
  Certain high-risk groups

If your child misses a scheduled vaccination, you don't need to start over. Just bring your child back in to your pediatrician's office for the shot. The doctor will keep your child up-to-date on all vaccinations. Questions? Talk to your doctor.

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– HDL cholesterol <sup>3</sup>		<b>Desirable (High):</b> More than 60 mg/dL <b>Acceptable:</b> 40-60 mg/dL <b>Undesirable (Low):</b> Less than 40 mg/dL			
– LDL cholesterol <sup>3</sup> <i>Note: High risk individuals should discuss their goals with their doctor.</i>		<b>Desirable:</b> Less than 100 mg/dL <b>Near desirable:</b> 100-129 mg/dL <b>Borderline high:</b> 130-159 mg/dL <b>High:</b> 160-189 mg/dL <b>Very high:</b> 190 mg/dL or higher			
– Triglycerides <sup>3</sup>		<b>Desirable:</b> Less than 150 mg/dL <b>Borderline desirable:</b> 150-199 mg/dL <b>High:</b> 200-499 mg/dL <b>Very high:</b> 500 mg/dL or higher			
Pap test		Ages 21-65, every 3 years			
Chlamydia		Sexually active women ages 24 and under, older women at risk			
Mammogram		Ages 40+ every 1-2 years			
Osteoporosis (bone density)		Ages 65+, or under age 65 if at risk			
Colorectal cancer screening		Ages 50+			
HIV screening and counseling		Sexually active women annually			
<b>Immunizations, including:</b>					
Hepatitis A and B		Those at risk			
HPV		Catch-up, through age 26			
Influenza vaccination		All adults annually			
Pneumonia vaccination		Once for those ages 65+, or under age 65 if risk factors			
Tetanus vaccination		Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older			
Varicella (chickenpox)		Second dose catch-up if no evidence of prior immunization or chickenpox			
Zoster (shingles)		Ages 60+			

**NOTE:** The average ranges above are general recommendations. You should always talk with your doctor if you have any questions or health care concerns.

**Coverage exclusions:** This document does not guarantee coverage for all services and all plans have exclusions and limitations. For a complete list of both covered and not-covered services, including benefits required by your state, see the Evidence of Coverage, Insurance Certificate or Summary Plan Description.

<sup>1</sup> National Heart, Lung and Blood Institute; Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.

<sup>2</sup> National Heart, Lung and Blood Institute; Seventh Report of the Joint National Committee on Preventions, Detection, Evaluation and Treatment of High Blood Pressure (JNC7).

<sup>3</sup> National Heart, Lung and Blood Institute; National Cholesterol Education Program, Adult Treatment Panel III.



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