

Presbyterian Health Plan Preventive Healthcare Guidelines

A Guide for Members



	Infancy-Age 1	Ages 1-10	Ages 11-20
Tot-to-Teen Health Check (complete exam that includes vision, hearing, development, and behavioral health screening)	Visit your PCP for this complete exam at birth and when your child is 1, 2, 4, 6, 9, and 12 months of age.	Visit your PCP for this complete exam when your child is 15, 18, and 24 months, and 3, 4, 5, 6, 7, 8, 9, and 10 years of age.	Visit your PCP for this complete exam when your child is 11, 12, 13, 14, 15, 16, 17, 18, 19, 20 years of age.
Blood lead screening	At 12 months	At 24 months	
Laboratory tests	Standard newborn screenings.	Ask your PCP if your child needs any laboratory tests.	
Immunizations	Ask your PCP or nurse AT EVERY OFFICE VISIT if your child needs immunizations (see immunization schedule at: http://www.cdc.gov/vaccines/schedules/index.html and https://nmhealth.org/about/phd/idb/imp/imsc/)		
Screening for chlamydia and gonorrhea			All sexually active females ages 24 and younger and for older women at increased risk. Discuss with your PCP.
Screening for syphilis			Asymptomatic, non-pregnant adults and adolescents who are at increased risk for syphilis infection.
Screening for rubella			Once for all females of childbearing age by history of vaccine or blood test.
Screening for depression, ages 12-18			Discuss with healthcare practitioner.
Screening for high blood pressure		Blood pressure measurements at every well-child visit starting at age 3.	
Screening for obesity		Screen children age 6 and older for obesity.	
Autism Spectrum Disorder screening	Screening between birth and age 19 as part of annual visit. Discuss with your PCP.		

Sources:

American Academy of Family Physicians. Available at: <http://www.aafp.org/online/en/home.html>. Accessibility verified 11/2018.

American Academy of Pediatrics. Available at: <http://www.aap.org>. Accessibility verified 11/2018.

Centers for Disease Control and Prevention. Immunization Schedules. Available at: <http://www.cdc.gov/vaccines/schedules/index.html>. Accessibility verified 11/2018.

Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents. 4th ed. Illinois: American Academy of Pediatrics; 2008. Available at: <https://brightfutures.aap.org/materials-and-tools/guidelines-and-pocket-guide/Pages/default.aspx>. Accessibility verified 11/2018.

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New Mexico Human Services Department, New Mexico Administrative Code 8.308.9.17 Preventive Physical Health Services. Available at <http://www.nmcpr.state.nm.us/nmac/parts/title08/08.308.0009.htm>. Accessibility verified 11/2018.

Tot-to-Teen Health Checks are federally mandated for Medicaid as part of the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) Program. Available at: <http://www.nmcpr.state.nm.us/nmac/parts/title08/08.320.0002.PDF>. Accessibility verified 11/2018.

Womenshealth.gov. Pregnancy. Available at: <http://www.womenshealth.gov/pregnancy/>. Accessibility verified 11/2018.

U.S. Preventive Services Task Force. Available at: <http://www.uspreventiveservicestaskforce.org>. Accessibility verified 11/2018.

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Health Education and Development Counseling

Age-appropriate health education and development counseling should encompass some of the following:

Infancy – Age 1

Healthy Habits <ul style="list-style-type: none"> • Baby bottle tooth decay • Breastfeeding for child's health • Iron-enriched formula (less than age 1) • Impact of second-hand smoke 	Home Safety <ul style="list-style-type: none"> • Sleep positioning • Smoke detectors • Hot water temperature less than 120°F 	Motor Vehicle Safety <ul style="list-style-type: none"> • Child safety car seats
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Ages 1 - 10

Healthy Habits <ul style="list-style-type: none"> • Regular physical activity • Healthy diet • Dental care • Not using tobacco and impact of secondhand smoke 	Home Safety <ul style="list-style-type: none"> • Prevention of household injuries • Smoke detectors • Hot water temperature less than 120°F • Window/stair guards • Safe storage/removal of firearms • Remove or lock up poisons and cleaning supplies • Lock up prescription drugs • Cardiopulmonary Resuscitation (CPR) training for parents/ caretakers • Put Poison Control number at each telephone 	Motor Vehicle Safety <ul style="list-style-type: none"> • Airbag safety • Child safety car seats • Lap/shoulder belts 	Recreational Safety <ul style="list-style-type: none"> • Bicycle, motorcycle, all-terrain vehicle (ATV) helmet use • Pool safety
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Ages 11 - 20

Healthy Habits <ul style="list-style-type: none"> • Regular physical activity • Healthy diet • Dental care • Not using tobacco and impact of second-hand smoke • Prevention of illegal drug use and underage drinking • Prevention of Human Immunodeficiency Virus (HIV) and other sexually transmitted infections (STIs) • Prevention of unintended/ mistimed pregnancies 	Home Safety <ul style="list-style-type: none"> • Prevention of household injuries • Smoke detectors • Safe storage/ removal of firearms • Intimate partner violence (domestic violence) 	Motor Vehicle Safety <ul style="list-style-type: none"> • Airbag safety • Child safety car seats • Lap/shoulder belts 	Recreational Safety <ul style="list-style-type: none"> • Bicycle, motorcycle, all-terrain vehicle (ATV) helmet use • Pool safety
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Learn more about Presbyterian's [Nondiscrimination Notice and Interpreter Services](#).

Presbyterian Senior Care (HMO)/(HMO-POS) and MediCare PPO are Medicare Advantage plans with a Medicare contract. Enrollment in Senior Care (HMO)/(HMO-POS) and Presbyterian MediCare PPO depends on contract renewal.

Presbyterian Dual Plus is an HMO Special Needs Plan (SNP) with a Medicare Contract and a contract with the State of New Mexico Human Services Department Medicaid program. Enrollment in Presbyterian Dual Plus (HMO D-SNP) depends on contract renewal.

Such services are funded in part with the State of New Mexico.