

# The power of prevention

Put our preventive guidelines to practice.  
Your family's health could depend on it.

Regular screenings and tests are key in helping to prevent illness – any potential health issues can be spotted early and taken care of when treatment can be most effective.

To help you stay up to date with the current recommended screenings, tests, and immunizations, Blue Shield has compiled preventive guidelines to keep track of what's needed and when, such as:

- Immunizations by age group and gender
- Recommendations on health screenings, counseling, and services
- Topics to discuss with your doctor at your annual exam
- Other preventive health tips and information

These guidelines provide information by age group and gender:

- Children ages 0 to 2, 3 to 10, and 11 to 19
- Women ages 20 to 49 and 50+
- Pregnant women
- Men ages 20 to 49 and 50+

**Get your copy of our preventive health guidelines today!**

By scanning this QR code with your tablet or smartphone you will download a copy of our health guidelines to review at your convenience.

Or visit [blueshieldca.com/preventive](https://blueshieldca.com/preventive).

