

2026 preventive schedule

Important preventive health services for you and your family

Below is a summary of preventive service recommendations for healthy adults with normal risk. Most services are covered at 100% when Aetna® members use in-network providers for preventive care. Make sure you know what is covered by your health plan and talk with your doctor to find out what preventive services are right for you and when you should have them. You can find a full list of the most current screening recommendations on the U.S. Preventive Services Task Force (USPSTF) website at ahrq.gov/prevention/guidelines/index.html. Vaccine schedules change often. You can find the most current recommendations for vaccines on the Centers for Disease Control and Prevention (CDC) website at [CDC.gov/vaccines](https://cdc.gov/vaccines). A catch-up vaccine schedule is also available at the CDC website for any vaccines that may have been missed.

Adults: Ages 19+

Questions?



Call Member Services at 1-877-542-3862 (TTY: 711)



Ask your doctor



Log into your account at Aetna.com

General health care	
Routine checkup (This exam is not the work- or school-related physical)* If additional concerns are addressed during the visit, it may be billed as both a preventive exam & a diagnostic exam.	Ages 19 to 49: Every 1 to 2 years Ages 50 and older: Once a year
Behavioral & sexually transmitted infections counseling	Routinely for sexually active adults
Behavioral health well check	Annually
Breast/pelvic exam	Annually
Male condoms	Allowed regardless of gender — prescription and receipt required
Sudden cardiac arrest & death risk assessment	Ages 19-21
Diabetes prevention program (DPP)	
DHR.Delaware.gov/benefits/diabetes/aetna-prevention.shtm	Recommendations Adults 18 years of age and older Enroll in either the YMCA or Solera DPP program. To determine if you are at risk, talk to your doctor or visit YMCADe.org/preventdiabetes
Screenings/procedures	
Abdominal aortic aneurism	One-time screening – ages 65 years and older who have smoked
Alcohol misuse	Routinely
Antiretroviral therapy (Apretude)	Preexposure prevention of human immunodeficiency virus (HIV) infection in people who are at an increased risk
Anxiety	As prescribed
Blood pressure	Every 2 years
Body mass index (BMI)	Periodically
BRCA risk assessment	Personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations. (If additional concerns are addressed during the visit, it may be billed as both a preventive exam & diagnostic exam)
BRCA genetic counseling/testing	Personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations
Cervical cancer screening	21-29 years of age: Pap smear every 3 years 30-65 years of age: Pap smear every 3 years or Pap test & human papillomavirus (HPV) test every 5 years. Talk with your doctor about the method of screening that is right for you
Chlamydia, gonorrhea and syphilis	Routinely – 24 years of age and younger and sexually active
Cholesterol	As recommended
Colorectal cancer screening	Ages 45 and older: Every 1 to 10 years, depending on screening test • High-risk: Earlier or more frequently. Coverage for diagnostic colonoscopy following a positive result by non-invasive colon cancer screening within 1 year
Depression & suicide screening	Routinely

Diabetes	High-risk – 35 years of age and older. Talk with your doctor to discuss the method of screening that is right for you.
Hearing	Routinely – 19 to 21 years of age
Hepatitis B (HBV)	High-risk
Hepatitis B risk assessment	19-21 years of age
Hepatitis C (HCV)	18-79 years of age
Human immunodeficiency virus (HIV)	Once – 19 - 64 years of age. Talk with your doctor about when screening should be repeated.
Intimate partner violence	Routinely – women of childbearing age
Latent tuberculosis	High-risk
Lung cancer	Annually – 50-80 years of age who have a 30 pack-per year smoking history and currently smoke or have quit within the past 15 years
Mammogram 2D/3D	Annually – 40 years of age and older Baseline Mammogram – between ages 35-39
Obesity counseling	Annually
Osteoporosis	65 years of age and older
Prostate	Talk to your health care provider to determine if a prostate screening is recommended
Tobacco use	Routinely
Unhealthy drug use	Routinely
Vaccines	Recommendations
COVID-19	As recommended
Haemophilus influenzae B (HIB)	For adults with certain medical conditions to prevent meningitis, pneumonia, and other serious infections– at risk or per doctor’s advice
Hepatitis A	2, 3 or 4 doses – at risk or per doctor’s advice
Hepatitis B	2, 3 or 4 doses – at risk or per doctor’s advice
Human papillomavirus (HPV)	One 3-dose series–19-45 years of age
Influenza	Every flu season
Measles-mumps-rubella (MMR)	1 or 2 doses
Meningococcal	19-25 years of age and at risk or per doctor’s advice
Mpox (Jynneos)	At risk or per doctor’s advice
Pneumonia	As recommended
Polio	As recommended
Tetanus-diphtheria-pertussis (Td/Tdap)	1 dose Tdap, then Td every 10 years

Varicella (chicken pox)	One 2-dose series – adults with no history of chickenpox
Shingles (Shingrix, Zostavax)	2 doses – 50 years of age and older 2 doses - 19 years of age and older who are or will be immunodeficient or immunosuppressed due to disease or therapy
RSV	Recommendation: 1 dose – 50 -74 years of age
Perinatal Screenings/Procedures	Recommendations
Anxiety	Postpartum
Bacteriuria	Urine culture – 12-16 weeks gestation or first prenatal visit, whichever is first
Breastfeeding	During and after pregnancy – breastfeedingcounseling, breastfeeding services and supplies
Gestational diabetes	During pregnancy – at 24 weeks andpostpartum
Depression & anxiety	During pregnancy and postpartum
Hepatitis B virus (HBV)	First prenatal visit
Human immunodeficiency virus (HIV)	During pregnancy
Iron deficiency anemia	During pregnancy
Nutritional counseling	During pregnancy
Rh (D) Antibody	First prenatal visit – repeat at 24-28 weeks gestation for all unsensitized Rh (D)-negative women, unless the biological father is known to be Rh (D)-negative
Syphilis	During pregnancy
Tobacco use	During pregnancy – pregnancy-tailored counseling for those who smoke
Perinatal vaccines	Recommendations
Tetanus-diphtheria-pertussis (Tdap)	1 dose – during eachpregnancy
RSV	Recommendation: 1 dose – 32 through 36 weeks gestational age
Women’s health recommendation	
Breast cancer screening	As recommended – diagnostic breast examination and supplemental breast screening examinations including; ultrasound, MRI, breast biopsy and pathology
Contraceptive counseling	2 visits per plan year
Contraceptive devices & injectables (birth control)	All women planning or capable of pregnancy
Obesity preventive visit	Annually
Ovarian cancer screening	At risk or already undergone treatment
Well woman visit	Annually

The material has been prepared for your general information only. It does not warrant or guarantee, and shall not be liable for any deficiencies in, theinformation contained herein, or for theaccuracy or appropriateness of anyservices provided by independent third parties. It does not recommend the self-management of health or related issues, nor does offer medical advice. You should consult your physician or appropriate professional for advice and care appropriate for your needs.

2026 preventive schedule

Important preventive health services for your child

Below is a summary of preventive service recommendations for healthy children with normal risk. Talk with your doctor to find out what preventive services are right for your children and when they should have them. You can find a full list of the most current screening recommendations on the Bright Futures Recommendations for Pediatric Health Care website at <https://mchb.hrsa.gov/programs-impact/programs/preventive-guidelines-screenings-women-children-youth>. Vaccine schedules change often. You can find the most current recommendations for vaccines on the Centers for Disease Control and Prevention (CDC) website at [CDC.gov/vaccines](https://www.cdc.gov/vaccines). **Routine childhood vaccines should be completed by this age.** A catch-up vaccine schedule is also available at the CDC website for children who have fallen behind or started late.

Children: Ages 7 to 18

Questions?



Call Member Services at
1-877-542-3862 (TTY: 711)



Ask your doctor



Log into your account
at [Aetna.com](https://www.aetna.com)

General health care	7Y	8Y	9Y	10Y	11Y	12Y	13Y	14Y	15Y	16Y	17Y	18Y
Routine checkup (This exam is not the preschool- or daycare-related physical exam) *												
Anxiety screening												
Behavioral counseling									Routinely for sexually active adolescents			
Behavioral health well check												
Sudden cardiac arrest & death risk assessment					Ages 11-18 years old							
Suicide risk screening						Ages 12-21 years old						
Screenings/procedures												
Alcohol misuse												Routinely
Antiretroviral therapy (Apretude)												
Blood pressure												Every 2 years
Body mass index (BMI)	Periodically											
Depression						Routinely						
Hearing	Routinely											
Hepatitis B risk assessment	Ages 7-18 years of age											
Human immunodeficiency virus (HIV)							Once 13-18 years of age. Talk with your doctor about when screening should be repeated					
Tobacco use prevention	Routinely											
Unhealthy drug use												

*If additional concerns are addressed during the visit, it may be billed as both a preventive exam and a diagnostic exam.

Children: Age 7 to 18

Vaccines	7Y	8Y	9Y	10Y	11Y	12Y	13Y	14Y	15Y	16Y	17Y	18Y
Human papillomavirus (HPV)					2 doses 9-14 years of age; 3 doses all other							
Influenza	Annually											
Dengue (If living where dengue is common AND has laboratory test confirming past dengue infection)			●	●	●		●	●	●	●		
Meningococcal				●	●		●	●	●	●	●	●
Mpox (Jynneos)												●
Tetanus-diphtheria-pertussis (Tdap)					Dose 1							

Information about the Affordable Care Act (ACA)

This schedule is a reference tool for planning your family's preventive care, and lists items and services required under the Affordable Care Act (ACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, Health Resources and Services Administration (HRSA), laws and regulations, and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at increased risk for a condition. Some services may require prior authorization. If you have questions about this schedule, prior authorizations, or your benefit coverage, please call the Member Service number on your member ID card.

2026 preventive schedule

Important preventive health services for your child

Below is a summary of preventive service recommendations for healthy children with normal risk. Talk with your doctor to find out what preventive services are right for your children and when they should have them. You can find a full list of the most current screening recommendations on the Bright Futures Recommendations for Pediatric Health Care website at <https://mchb.hrsa.gov/programs-impact/programs/preventive-guidelines-screenings-women-children-youth>. Vaccine schedules change often. You can find the most current recommendations for vaccines on the Centers for Disease Control and Prevention (CDC) website at [CDC.gov/vaccines](https://www.cdc.gov/vaccines). A catch-up vaccine schedule is also available at the CDC website for children who have fallen behind or started late.

Children: Birth to Age 6

Questions?

Call Member Services at
1-877-542-3862 (TTY: 711)



Ask your doctor



Log into your account
at [Aetna.com](https://www.aetna.com)

General health care	Birth	1M	2M	4M	6M	9M	12M	15M	18M	24M	30M	3Y	4Y	5Y	6Y
Oral health assessment	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Behavioral health well check	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Psychosocial/behavioral assessment (Recommended: annually)	●	●	●	●	●	●	●	●	●	●	●	●			
Routine checkup (This exam is not the preschool- or daycare-related physical) *	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Screenings/procedures															
Bilirubin	●														
Body mass index (BMI)														●	
Hearing	●												●	●	●
Anemia screening							●								
Lead	●						●			●		●	●	●	●
Phenylketonuria (PKU), sickle cell disease, hypothyroidism	●														
Vision												Once – 3-5 years of age			
Hepatitis B risk assessment	Newborn to age 6														
Vaccines															
Chicken pox (Varicella)							●	●					●	●	●
Diphtheria-tetanus-pertussis (DTap)			Dose 1	Dose 2	Dose 3			Dose 4					Dose 5		
H. Influenzae Type B (Hib)			Dose 1	Dose 2	Dose 3		Dose 4								

*If additional concerns are addressed during the visit, it may be billed as both a preventive exam and a diagnostic exam

The material has been prepared for your general information only and does not warrant or guarantee, and shall not be liable for any deficiencies in, the information contained herein, or for the accuracy or appropriateness of any services provided by independent third parties. does not recommend the self management of health.

Children: Birth to Age6

Vaccines	Birth	1M	2M	4M	6M	9M	12M	15M	18M	24M	30M	3Y	4Y	5Y	6Y
Hepatitis A							Dose 1 – between 12-23 months of age; Dose 2 – 6-18 months later								
Hepatitis B	Dose 1	Dose 2			Dose 3										
Inactivated polio (IPV)			Dose 1	Dose 2	Dose 3								Dose 4		
Influenza					Every flu season										
Measles-mumps-rubella (MMR)							Dose 1						Dose 2		
Pneumococcal conjugate (PCV)			Dose 1	Dose 2	Dose 3		Dose 4								
Rotavirus			Dose 1	Dose 2	Dose 3										
RSV	Birth to 8 months entering first RSV season or children 8-11 months who are at increased risk for serve disease during first RSV season														

Information about the Affordable Care Act (ACA)

This schedule is a reference tool for planning your family's preventive care, and lists items and services required under the Affordable Care Act (ACA), as amended. It is reviewed and updated periodically based on the advice of the U.S. Preventive Services Task Force, Health Resources and Services Administration (HRSA), laws and regulations, and updates to clinical guidelines established by national medical organizations. Accordingly, the content of this schedule is subject to change. Your specific needs for preventive services may vary according to your personal risk factors. Your doctor is always your best resource for determining if you're at increased risk for a condition. Some services may require prior authorization. If you have questions about this schedule, prior authorizations, or your benefit coverage, please call the Member Service number on your member ID card.

