



Wellness Policy of Solidarity HealthShare

Ver 1.0

Adults

1. General Wellness

a. Single Wellness Screening Office Visit with Primary Care Provider once per year

i. Includes up to 1-hour appointment with physical exam including vitals.

b. Labs:

i. Yearly

1. CBC with differential and platelets

a. WBC

b. RBC

c. Hemoglobin

d. Hematocrit

e. MCV

f. MCH

g. MCHC

h. RDW

i. Platelets

j. % Neutrophils

k. % Lymphocytes

l. % Monocytes

m. % Eosinophils

n. % Basophils

o. Immature Cells

p. Absolute Neutrophils

q. Absolute Lymphocytes

r. Absolute Monocytes



- s. Absolute Eosinophils
 - t. Absolute Basophils
 - u. % Immature Granulocytes
 - v. Absolute Immature Granulocytes
 - w. NRBC
 - x. Manual Differential with Smear
2. Comprehensive Metabolic Panel
- a. Glucose
 - b. BUN
 - c. Serum Creatinine
 - d. BUN/Creatinine Ratio
 - e. eGFR non-African American
 - f. eGFR African American
 - g. Sodium
 - h. Potassium
 - i. Chloride
 - j. Carbon Dioxide Total
 - k. Calcium
 - l. Protein, Total
 - m. Albumin
 - n. Globulin, Total
 - o. A/G Ratio
 - p. Bilirubin, Total
 - q. Alkaline Phosphatase
 - r. AST
 - s. ALT
3. Lipids
- a. Total Cholesterol



- b. Triglycerides
 - c. HDL Cholesterol
 - d. VLDL Cholesterol Calculation
 - e. LDL Cholesterol Calculation
 - f. LDL Direct
 - g. Non-HDL Cholesterol
 - h. If LDL Calculation or Direct, VLDL Calculation, and/or Triglycerides are out of range then particle assessment is shared
 - i. LDL-P
 - ii. HDL-P
 - iii. Small LDL-P
 - iv. LDL Size
 - v. LP-IR score
 - vi. Lp(a): Lipoprotein (a)
- 4. Hemoglobin a1c
 - 5. Vitamin D-25 OH
- ii. Other Labs:
- 1. Hepatitis B screening for people at high risk, including people from countries with 2% or more Hepatitis B prevalence, and U.S.-born people not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
 - 2. Hepatitis C screening for adults at increased risk, and one time for everyone born 1945–1965
 - 3. HIV screening for everyone ages 15 to 65, and other ages at increased risk
 - 4. Tuberculosis screening for certain adults without symptoms at high risk
 - a. Tuberculosis (TB) is a serious disease that most often affects the lungs. When someone is sick with TB, it's called active TB.



Active TB can spread from person to person through the air, like when someone with active TB sneezes or coughs.

Sometimes, people have TB but it doesn't make them feel sick. This is called latent tuberculosis infection (LTBI). People with LTBI may not know they have TB – so they need to get tested.

b. Risks include:

- i. Born in or have lived in a country where TB is common – for example, Mexico, the Philippines, Vietnam, India, China, Haiti, Guatemala, etc.
- ii. Live or have lived in a large group setting – for example, a homeless shelter or a prison

2. Cardio Vascular Disease Screening:

a. Abdominal aortic aneurysm one-time screening ultrasound age 65 or older who have ever smoked

i. Men over age 65 who have smoked at any point in their lives have the highest risk of AAA. Both men and women can have AAA, but it's more common in men.

1. ii. Risk factors for AAA include:

- a. Family history – for example, if a parent or sibling had AAA
- b. Smoking
- c. Older age
- d. High blood pressure
- e. High cholesterol
- f. Heart disease or vascular disease (problems with blood vessels).

3. Osteoporosis screening with DEXA scan over age 60 years old up to once every 2 years or earlier depending on *risk factors.

a. A bone density test measures how strong bones are. The test will tell you if you have osteoporosis or weak bones.

Women are at higher risk for osteoporosis than men, and this risk increases with age.

If you are age 65 or older, schedule a bone density test. Men can get osteoporosis, too. If you are a man over age 65 and you are concerned about your bone strength, discuss with your doctor.

If you are a woman age 64 or younger and you have gone through menopause, ask your doctor if you need a bone density test.

- b. What is osteoporosis?
 - i. Osteoporosis is a bone disease. It means your bones are weak and more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

There are no signs or symptoms of osteoporosis. You might not know you have the disease until you break a bone. That's why it's so important to get a bone density test to measure your bone strength.
- c. What happens during a bone density test?
 - i. A bone density test is like an x-ray or scan of your body. A bone density test doesn't hurt, and you don't need to do anything to prepare for it. It only takes about 15 minutes.
- d. *Risk for osteoporosis:
 - i. 60 years old or older
 - ii. Hormone changes (especially for women who have gone through menopause)
 - iii. Not getting enough calcium and Vitamin D
 - iv. Taking certain medicines linked to osteoporosis
 - v. Complications from Various Diseases
 - vi. Smoking cigarettes or drinking too much alcohol
 - vii. Not getting enough physical activity

4. Cancer Screening

- a. Hereditary Cancer Screen once in a lifetime for those at high risk
 - i. 1st degree relative with cancer.
 - ii. Family member with a previous diagnosed cancer gene.



- iii. (Example: Genetic First Hereditary Cancer Screen)
- b. Colorectal cancer screening for adults 50 to 75 *unless refusal or high-risk factors exist.
 - i. Colonoscopy every 10 years
 - ii. Fecal Immunochemical Testing annually
 - iii. *If patient refuses colonoscopy then other alternatives are shareable
 - 1. FIT Fecal DNA (i.e.: cologaurd) once every 3 years
 - or-
 - 2. CT Colonography every 5 years
 - iv. *High Risk
 - 1. Lynch Syndrome
 - a. Colonoscopy as frequent as every year beginning at age 20 years old or 5 years younger than youngest age at diagnosis of colorectal cancer in the family if diagnosed before age 25 years old.
 - b. Colonoscopies start at age 30 years old in MSH6 families
 - c. Colonoscopies start at age 35 years old in PMS2 families
 - d. Annual colonoscopy in MMR mutation carriers
 - 2. Family Colon Cancer Syndrome X
 - a. Colonoscopy as frequently as every 3 years beginning 10 years before the age at diagnosis of the youngest affected relative
 - 3. Colorectal cancer or an advanced adenoma in two first-degree relatives diagnosed at any age OR colorectal cancer or an advanced adenoma in a single first-degree relative at age < 60 years
 - a. Colonoscopy every 5 years beginning 10 years before the age at diagnosis of the youngest affect interval or age 40, whichever is earlier; for those with a single first-degree relative with colorectal cancer in whom no significant neoplasia appears by age 60 years, physicians can offer expanding the interval between colonoscopies



4. Colorectal cancer or an advanced adenoma in a single first-degree relative diagnosed at age greater or equal to 60 years
 - a. Begin screening at age 40 years
- c. Lung cancer screening for adults 55-80 only for members high risk for lung cancer
 - i. Yearly low dose computed tomography (CT)
 - ii. High risk
 1. Heavy smokers with at least a 30-pack year who have quit within the last 15 years.
 2. Yearly screening is discontinued once the member has not smoked for 15 years.
5. Immunization vaccines for adults which follow CDC criteria
 - a. All shareable vaccines are provided with the yearly wellness visit only. All outside of the wellness visit may be shared according to Solidarity guidelines and are subject to the Annual Unshared Amount (AUA).
 - b. Doses, recommended ages, and recommended populations vary:
 - i. Diphtheria
 - ii. Hepatitis A
 - iii. Hepatitis B
 - iv. Herpes Zoster
 - v. Human Papillomavirus (HPV)
 - vi. Influenza (flu shot)
 - vii. Measles
 - viii. Meningococcal
 - ix. Mumps
 - x. Pertussis
 - xi. Pneumococcal
 - xii. Rubella
 - xiii. Tetanus
 - xiv. Varicella (Chickenpox)



- c. Call your state health department to find a free or low-cost vaccination program.

Male Specific

1. Physical Exam
 - a. Yearly after the age of 40
 - i. Digital Rectal Exam
2. Labs:
 - a. Yearly after the age of 40
 - i. Prostate Specific Antigen (PSA)

Female Specific

1. Single well-woman visits including physical exam once per year
 - a. Clinical breast exam
 - b. Pelvic exam
2. Labs:
 - a. Cervical cancer screening
 - i. Pap test (also called a Pap smear) every 3 years for women 21 to 65
 - ii. Human Papillomavirus (HPV) DNA test with the combination of a Pap smear every 5 years for women 30 to 65 who decline a pap smear every 3 years
3. Imaging:
 - a. Breast Cancer Screening
 - i. Mammogram or Thermography (one or the other) every year for women 40 to 49 years old.
 - ii. Mammograms or Thermography (one or the other) every 2 years for women aged 50 to 75 years old.

Pediatric Specific

1. Well Child visits
 - a. First 12 months: total 7 visits
 - i. Newborn
 - ii. 3-5 day

- iii. 1 month
 - iv. 2 months
 - v. 4 months
 - vi. 6 months
 - vii. 9 months
 - b. 12 to 23 months: total 3 visits
 - i. 12 months
 - ii. 15 months
 - iii. 18 months
 - c. 24 to 35 months: total 2 visits
 - i. 24 months
 - ii. 30 months
 - d. Yearly after 36 months
2. Screening Labs/Imaging all falls under the guidance of the American Academy of Pediatrics (https://www.aap.org/en-us/Documents/periodicity_schedule.pdf)
- a. Bloodwork
 - i. Hereditary Screening Bloodwork
 - 1. <https://www.hrsa.gov/sites/default/files/hrsa/advisory-committees/heritable-disorders/rusp/uniform-screening-panel.pdf>
 - 2. <http://genes-r-us.uthscsa.edu/sites/genes-r-us/files/nbsdisorders.pdf>
 - 3. Phenylketonuria (PKU) screening for newborns
 - b. Bilirubin screening
 - c. Screening for Congenital Heart Defect
 - d. Immunization vaccines for children from birth to age 18 — doses, recommended ages, and recommended populations vary:
(<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>)
 - i. Diphtheria, Tetanus, Pertussis (Whooping Cough)
 - ii. Haemophilus influenza type b
 - iii. Hepatitis A



- iv. Hepatitis B
- v. Human Papillomavirus (HPV)
- vi. Inactivated Poliovirus
- vii. Influenza (flu shot)
- viii. Measles
- ix. Meningococcal
- x. Pneumococcal
- xi. Rotavirus
- xii. Varicella (Chickenpox)
- e. Antibiotic newborn eye medication
- f. Vision Screening
- g. Hearing screening
- h. Anemia screening
- i. Hypothyroidism screening for newborns
- j. Lead screening for children with exposure risk
- k. Hepatitis B screening for adolescents at high risk 11 to 17 years old.
 - i. Countries with 2% or more Hepatitis B prevalence, and U.S. born adolescents not vaccinated as infants and with at least one parent born in a region with 8% or more Hepatitis B prevalence.
- l. HIV screening for adolescents at higher risk
- m. Tuberculin Testing for children at higher risk of tuberculosis
 - i. By 1 month
 - ii. 6 months
 - iii. 12 months
 - iv. 24 months
 - v. Yearly ongoing



Other:

Solidarity Wellness does not share in treatment for wellness, except for vaccinations. Solidarity wellness shares in the best and latest in technology for the screening of diseases, including labs, imaging, and exams, to assist our members in making appropriate decisions for themselves along with their doctor, improving their health outcomes and reducing costs overall.