

Preventive Screenings and Examinations for Women's Health

| Preventive Service | Ages 18-39 | Ages 40-49 | Ages 50-64 | Ages 65 & Older |
|---|---|------------|---------------|---------------------------------------|
| RECOMMENDED EXAMS & SCREENINGS | | | | |
| Well-Woman Visit | Annually | | | |
| Body Mass Index (BMI) | Annually | | | |
| Dental Exam | 1-2 times every year | | | |
| Blood Pressure Check | Every 3 to 5 years; annually if blood pressure is higher than 130/85 or overweight/obese (BMI of 25 or higher) | Annually | | |
| Cervical Cancer Screening | Starting at age 21, Pap smear every 3 years or Pap smear with HPV (human papillomavirus) test every 5 years | | | Discuss with your healthcare provider |
| Cholesterol Test | Every 4 to 6 years Discuss with your healthcare provider | | | |
| Blood Sugar (Glucose) Test/ Diabetes Screening | Every 3 years for adults who are overweight or obese (BMI of 25 or higher) | | | |
| Breast Cancer Screening/ Mammogram | Discuss with your healthcare provider | | Every 2 years | |
| Colorectal Cancer Screening | Colonoscopy every 10 years, CT colonography every 5 years, Flexible sigmoidoscopy every 5 years, or Annual stool-based test such as FOBT or FIT | | | |
| Bone Mineral Density Test | Discuss with your healthcare provider | | | At least every 2 years |
| RECOMMENDED IMMUNIZATIONS | | | | |
| Influenza (flu) Vaccine | Annually | | | |
| Tetanus-Diphtheria (Td/Tdap) Booster Vaccine | Every 10 years | | | |
| Shingles Vaccine | One dose after age 60, even if you have had shingles before | | | |

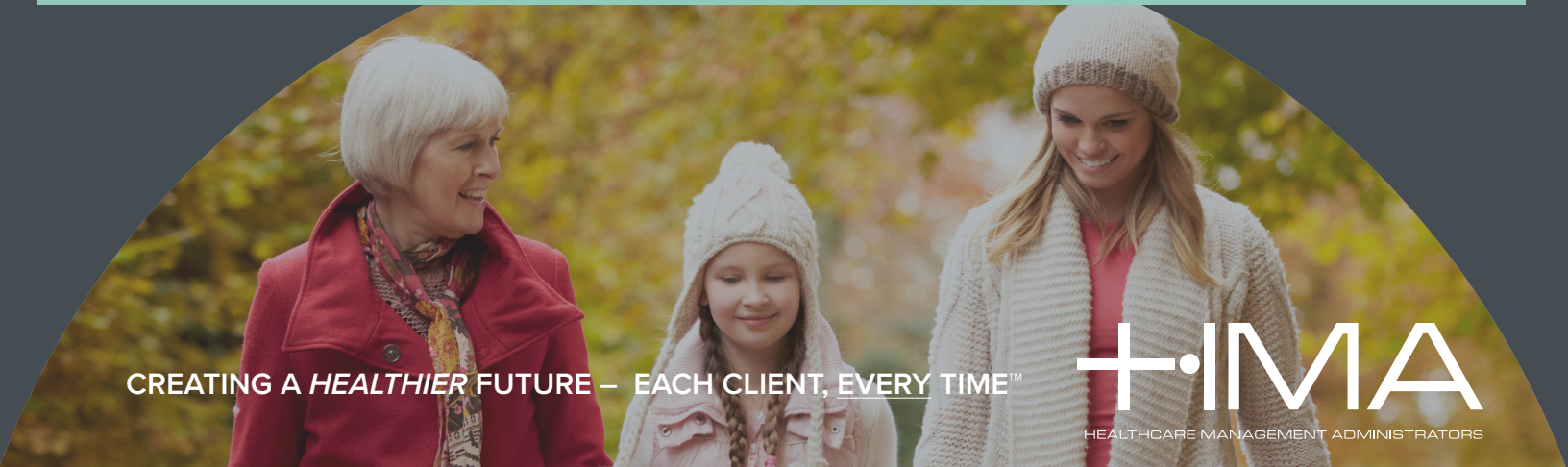
Sources: United States Preventive Services Task Force, ACC/AHA, the Advisory Committee on Immunization Practices, and the American Academy of Family Physicians

Make sure to talk to your doctor about the appropriateness of these additional tests & services for you.

- Depression Screening
- Sexually Transmitted Disease (STD) Tests
- Eye Exams
- Thyroid (TSH) Test
- Skin Cancer Screening
- Other Vaccination or Booster Shots
- Hearing Tests

Please note: This chart is only a guideline. Contact your healthcare provider to determine which tests and examinations best meet your healthcare needs. Please refer to your plan summary or contact Customer Care at 1.800.869.7093 for more information on plan benefits for these services.

CREATING A HEALTHIER FUTURE – EACH CLIENT, EVERY TIME™



Preventive Screenings and Examinations for **Men's** Health

| Preventive Service | Ages 18-39 | Ages 40-49 | Ages 50-64 | Ages 65 & Older |
|---|---|------------|------------|-----------------|
| RECOMMENDED EXAMS & SCREENINGS | | | | |
| Wellness Visit | Annually | | | |
| Body Mass Index (BMI) | Annually | | | |
| Dental Exam | 1 - 2 times every year | | | |
| Blood Pressure Check | Every 3 to 5 years; annually if blood pressure is higher than 130/85 or overweight/obese (BMI of 25 or higher) | Annually | | |
| Cholesterol Test | Every 4 to 6 years Discuss with your healthcare provider | | | |
| Blood Sugar (Glucose) Test / Diabetes Screening | Every 3 years for adults who are overweight or obese (BMI of 25 or higher) | | | |
| Colorectal Cancer Screening | Colonoscopy every 10 years, CT colonography every 5 years, Flexible sigmoidoscopy every 5 years, or Annual stool-based test such as FOBT or FIT | | | |
| RECOMMENDED IMMUNIZATIONS | | | | |
| Influenza (flu) Vaccine | Annually | | | |
| Tetanus-Diphtheria (Td/Tdap) Booster Vaccine | Every 10 years | | | |
| Shingles Vaccine | One dose after age 60, even if you have had shingles before | | | |

Sources: United States Preventive Services Task Force, the Advisory Committee on Immunization Practices, the American College of Cardiology/American Heart Association Task Force on Practice Guidelines, and the American Academy of Family Physicians

Make sure to talk to your doctor about the appropriateness of these additional tests & services for you.

- Depression Screening
- Sexually Transmitted Disease (STD) Tests
- Eye Exams
- Skin Cancer Screening
- Other Vaccination or Booster Shots
- Hearing Tests

Please note: This chart is only a guideline. Contact your healthcare provider to determine which tests and examinations best meet your healthcare needs. Please refer to your plan summary or contact Customer Care at 1.800.869.7093 for more information on plan benefits for these services.

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