

## preventive care

**What's preventive care?**

The purpose of preventive care services is to:

- **Help stop health problems before they occur**
- **Detect health problems while they are easy to treat**
- **Control chronic disease**
- **Establish care with a Primary Care Physician**

Regular health exams increase your chances of living a longer and healthier life!

**Scheduling is easy!**

Most clinics now offer online scheduling. Sign up yourself and your family members on your clinic patient portal for access to scheduling appointments, health history, immunization records, requesting medication refills, and messaging your providers. Clinics are also making it easier for you to see a doctor with offering more same day,

weekend, and evening appointments, as well as virtual appointments.

**You're covered!**

Preventive care is covered at 100% by most health plans. Preventive care visits are a great way to take advantage of something you already have available to you!

**Your Primary Care Physician.**

Finding a doctor you trust is an important part of staying healthy. You are more likely to schedule regular appointments and you will be more comfortable asking questions about your health. This is the physician who:

- **Treats routine illnesses**
- **Performs regular check-ups and screenings**
- **Is your first call for health concerns**
- **Refers you to specialists**

**Arm yourself with immunity.**

Vaccinations are one of the safest and most convenient ways to protect your health and are an important form of preventive care. Safe, tested, and effective, vaccines protect children and adults from life-threatening illnesses such as mumps, measles, influenza, COVID-19, diphtheria, tetanus, and polio.

**Dental health matters, too!**

Regular visits to your dentist are necessary for the health of your teeth and gums and for prevention of pain and other disease. Most dental insurance providers cover a preventive dental exam every six months.

**7** out of **10** deaths annually are due to preventable and detectable **chronic diseases** such as

diabetes, heart disease and cancer. These diseases make up

**86%** of U.S. healthcare costs.



# preventive care

## THE IMPORTANCE OF HEALTH SCREENINGS

### Why should you get health screenings?

As a part of your overall health care, health screenings can provide early detection of a medical issue often before you have symptoms. Getting screening tests regularly may find breast, cervical, colorectal (colon), and lung cancers early, when quick treatment can manage it effectively and successfully.

### Know your screenings: how often and when.

It's important to know when you should start these health screenings. It's also important to know how often you should schedule them. Your health care team will offer recommendations and begin your preventive screenings.

### Creating your health care team.

Establishing a primary care physician will allow for the recommended preventive screenings at your annual physical based on health history, age, and gender. Your doctor may also recommend vaccinations that improve your health by preventing diseases and other health problems, based on your age and physical health. Adding dental care to your preventative care checklist is also recommended. Keeping your mouth, gums, and teeth healthy reduces the likelihood of having periodontal disease, tooth decay, cavities, and other dental concerns. Your visits may be bi-annually, unless advised otherwise by your dentist.

	AGE 18-39	AGE 40-49	AGE 50-64	AGE 65-74	AGE 75+
<b>WOMEN</b>					
<b>MAMMOGRAM</b>	Based on family history and physician recommendation	Age 40-44 offered annually; 45 and older recommended annually	Annually until 54; every 1 to 2 years for age 55+	Every 1 to 2 years	Based on individual cancer risk
<b>PAP</b>	21-29 every 3 years; 30 and older every 5 years	Every 5 years	Every 5 years	Every 5 years	Based on physician's recommendation
<b>PELVIC</b>	Annually	Annually	Annually	Annually	Annually
<b>MEN</b>					
<b>PROSTATE</b>	Based on individual risk, family history	Based on individual risk, family history	Offered annually; based on recommendation	Offered annually; based on recommendation	Offered annually; based on recommendation
<b>TESTICULAR</b>	Annually	Annually	Annually	Annually	Based on physician's recommendation
<b>EVERYONE</b>					
<b>CHOLESTEROL</b>	Every 5 years, unless you are at risk for heart disease	Every 5 years, unless you are at risk for heart disease	Men ages 45 to 65 and women ages 55 to 65 every 1 to 2 years	Older than 65, annually	Annually
<b>GLUCOSE</b>	As recommended by your physician	Routine screening starting at age 45	Offered annually; based on recommendation	Offered annually; based on recommendation	Offered annually; based on recommendation
<b>BLOOD PRESSURE</b>	Annually	Annually	Annually	Annually	Annually
<b>COLONOSCOPY</b>	Based on family history and physician recommendation	Based on family history and physician recommendation	Starting at age 50, every 10 years	Every 10 years	Every 10 years
<b>SKIN</b>	20 years and older; annually; monthly self-examinations	Annually; monthly self-examinations	Annually; monthly self-examinations	Annually; monthly self-examinations	Annually; monthly self-examinations

Sources: Healthcare.gov; American Diabetes Association; Centers for Disease Control and Prevention (CDC); American Cancer Society; National Heart, Lung, and Blood Institute; Skin Cancer Foundation