

You take care of your family, don't forget to take care of **YOURSELF!**

Preventive care is one of the most effective and affordable ways to manage your health. Early detection of a chronic disease increases the chance of achieving an optimal outcome and generally gives you access to more treatment options.

Research shows that fewer than 8% of adults age 35 and older receive all of their recommended preventive care. Figures are even lower for those younger than 35. If any type of chronic disease has a heredity link, it's vitally important to receive the recommended low- or no-cost care available through your health plan.



Adult preventive services

Biometric screenings should be performed annually. If a past screening revealed your biometric markers put you at higher risk of heart disease, diabetes or other chronic condition, take action and talk to your medical provider. Depending upon the results of your initial colonoscopy, a repeat procedure may not be needed for another 10 years.

- Blood pressure
- Body Mass Index
- Glucose
- LDL cholesterol
- Triglycerides
- Colonoscopy – Starting at age 45, if no family or other risk



Female preventive services

Depending upon your age, it may be appropriate to have one or all of the following screenings annually.

- Well-woman exam
- Mammogram
- Pap smear



Male preventive services

Depending upon your age, it may be appropriate to have one or all of the following screenings annually.

- Well-man exam
- Prostrate exam
- Testicular exam

