Be proactive about your health

Prevention is the best medicine

When your doctor diagnoses a health condition early, you may be able to delay or even prevent its problems. Getting early treatment can make your condition easier to manage and put you in control of your health.

Your doctor plays a key role in your care

They may suggest:

- **Screening tests,** which find health problems before symptoms appear
- **Diagnostic tests, physicals and self-exams,** which find health problems early in their course

Your doctor may also use guidelines to recommend screenings based on your age, health, gender, lifestyle habits, family history and, if you're a woman, on whether you are preparing for pregnancy.

If you're thinking about getting a test, it's a good idea to talk with your doctor about what the test is, what it costs and what happens if you need further testing. Together, decide what's right for you.

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Screenings for adults

Adult screenings are intended to find health issues as you age. And many are part of your annual preventive exam.* Talk with your doctor about which screenings are right for you.

Preventive screening	Group	Recommendation
Alcohol and tobacco use	Everyone	Annually
Blood pressure	Everyone	Annually
Breast cancer	Women, aged 50 – 74	Mammogram every 2 years. Talk with your doctor to decide if you need them more often.[1]
Cervical cancer	Women, beginning at age 21	Pap smear for women 21 – 65 years of age every 3 years. Women 30 – 65 years of age may have a Pap smear and human papillomavirus (HPV) testing every 5 years.[2]
Cholesterol	Everyone, beginning at age 35	Annually
Colorectal cancer	Everyone, beginning at age 45	Every 10 years. Talk to your doctor.
Depression	Everyone	Annually
Diabetes	Everyone	Glucose test every 3 years. Talk to your doctor if you are at increased risk.
Lung cancer	Current or former smokers, aged 55 – 80**	Annually
Osteoporosis	Women, under age 65	Every 2 years for postmenopausal women at increased risk for osteporosis
Sexually transmitted diseases	Everyone	Annually
Vision	Everyone	Annually
Weight	Everyone	Annually

*Plan features and availability may vary by location and group size. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features are subject to change.

**Smokers or former smokers with a 30 pack per year or more smoking history and, if a former smoker, has quit within the past 15 years.

[1]U.S. Preventive Services Task Force. Final recommendation statement. Breast cancer: screening. November 2018.

[2]U.S. Preventive Services Task Force. Final recommendation statement. Cervical cancer: screening. August 2018.

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