RESOLVE TO COMPLETE
Your Preventive Screenings

How do you like to spend your free time? Maybe you like to run, hike or simply enjoy time with friends and family. Your employer's medical plans can keep you healthy so you can keep up with your favorite activities.

Most medical plans cover routine in-network preventive care at 100%, with no deductible or copay.

In other words, you don't have to meet the deductible just to have a routine physical. Screenings on the preventive schedule – such as mammograms and colonoscopy tests – are also included.

When it comes to health, prevention pays off – literally. These screenings encourage early detection, when treatment is generally more effective and less costly. Improving your health through preventive care will save you money in the future by sparing you from potentially heftier costs down the road.

What Is Preventive Care?

It's more than just annual checkups or well-baby/well-child doctor visits. It also means getting immunizations and cancer screenings based on your gender, age, and family history. Do your New Year's resolutions include making healthy improvements? Start the year strong by scheduling the preventive exams that are appropriate for your age and medical history:

Physical Exams/ Health Guidance

Every 1 – 2 years for ages 19 – 49, and every year for age 50+

Fasting Blood Glucose Screening

Every 3 years, starting at age 45 for high-risk individuals

Colorectal Cancer Screening

Starting at age 50, or earlier if recommended by your doctor

Lipid Panel

Every 5 years starting at age 20, or more frequently for those at high risk

Mammogram (for Women)

Starting at age 40, and annually as recommended

Pap Test for Women Age 21 to 65

Every 3 years, or annually as recommended

Preventive Medications

With a prescription, some preventive medications, such as aspirin, folic acid, tobacco cessation medications, Vitamin D, iron, and oral fluoride are covered