

Preventive Health Reminders

Preventive care is the most important step you can take to manage your health. Routine health exams and early detection can help prevent serious illness. The list of nationally recommended guidelines for you and your family is below. Please talk with your doctor to determine which of these are appropriate for you.

Women:

- ☐ Well visits with appropriate vaccinations and review of medications
- ☐ Breast Cancer Screening/Mammogram
- ☐ Cervical Cancer Screening: Pap Smear (ages 21-29)
- ☐ Cervical Cancer Screening: HPV Screening/ Pap Smear (ages 30-65)
- ☐ Colorectal Cancer Screening (ages 45-75)
- ☐ Chlamydia Screening (sexually active women under 24 years of age)
- ☐ Annual Physical with BMI and Blood Pressure Screening. Cholesterol (blood lipids) Testing may be indicated.
- ☐ Annual Flu Shot
- ☐ Pneumonia Vaccinations (ages 65 and older or if you are high risk)
- ☐ Nutrition and Physical Activity Counseling
- ☐ Smoking Prevention/Cessation Counseling
- ☐ One time Hepatitis C screening for adults born between 1945-1965 at the direction of your provider

Men:

- ☐ Well visits with appropriate vaccinations and review of medications
- ☐ Colorectal Cancer Screening (ages 45-75)
- ☐ Annual Physical with BMI and Blood Pressure Screening. Cholesterol (blood lipids) Testing may be indicated.
- ☐ Annual Flu Shot
- ☐ Pneumonia Vaccinations (ages 65 and older or if you are high risk)
- ☐ Nutrition and Physical Activity Counseling
- ☐ Smoking Prevention/Cessation Counseling
- ☐ One time Hepatitis C screening for adults born between 1945-1965 at the direction of your provider

Children:

- ☐ Well visits with appropriate vaccinations such as HPV (Human Papillomavirus), meningococcal and Tdap (tetanus, diphtheria, and acellular pertussis).
- ☐ Annual Flu Shot
- ☐ Smoking Prevention/Cessation Counseling
- ☐ Nutrition and Physical Activity Counseling

Infants:

- ☐ Pediatrician visits with appropriate vaccinations prior to two years of age.

Call your doctor today to make an appointment or if you have any questions about the recommended guidelines.

Applicable deductible, copayment, coinsurance and benefit limitations will apply. Please refer to your Schedule of Benefits and other plan documents for details. This information is also available on Plan Central at summacare.myplancentral.com. If you have any other questions, please contact Customer Service by calling the number listed on the back of your Member ID card.