

IX

ADDRESS _____

in Focus
SOLUTIONS

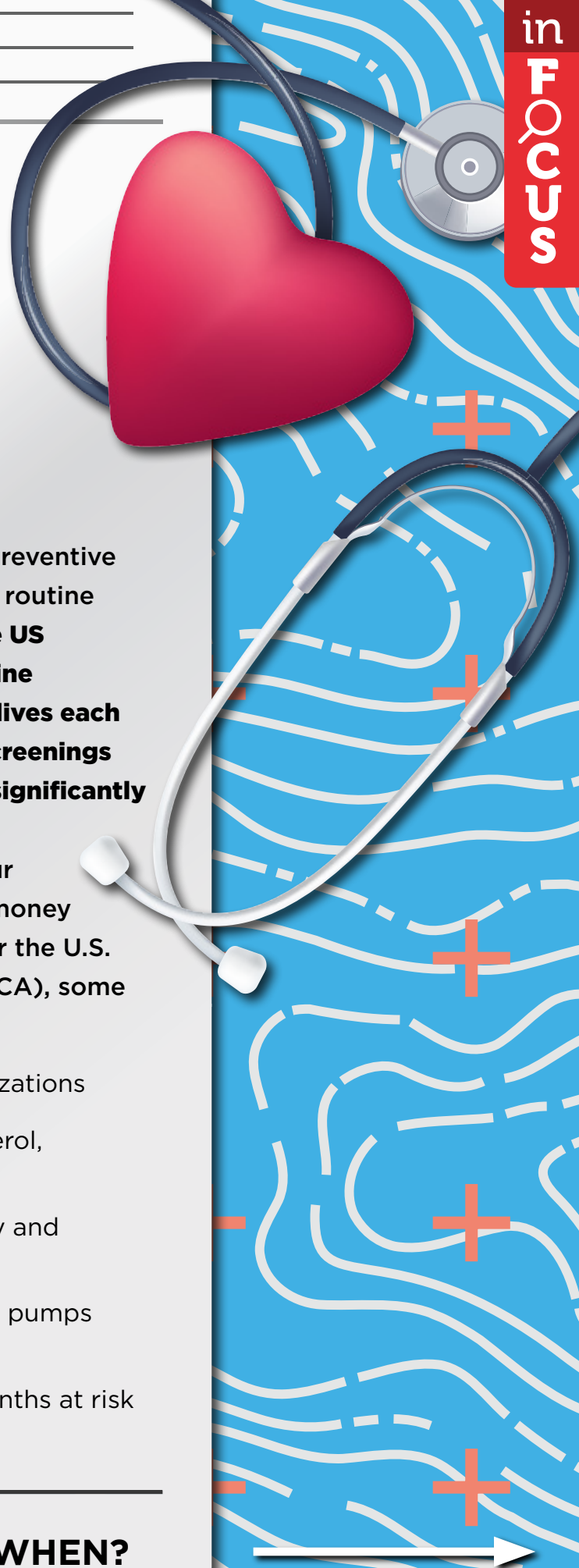
Prescription:

Prevention is Key

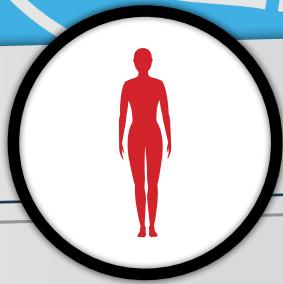
Most health plans are required to cover a set of preventive services — at no cost to you! Screening tests and routine checkups fall into this category. **According to the US Department of Health and Human Services, routine cardiovascular exams save tens of thousands of lives each year. Studies also show that preventive health screenings and consultations with primary care physicians significantly increase life expectancy, especially in the 30- to 49-year-old age group.** Keep up to date with your primary care physician and you'll save time and money and keep yourself healthier in the long run. Under the U.S. Patient Protection and Affordable Care Act (PPACA), some common covered services include:

- Wellness visits, physicals and standard immunizations
- Screenings for blood pressure, cancer, cholesterol, depression, obesity and diabetes
- Pediatric screenings for hearing, vision, obesity and developmental disorders
- Anemia screenings, breastfeeding support and pumps for pregnant and nursing women
- Iron supplements (for children ages 6 to 12 months at risk for anemia)

WHAT TESTS DO I NEED, AND WHEN?



WOMEN



You (hopefully) already have an annual exam scheduled with your gynecologist, so make sure these tests are on your radar during your visit.

- ☑ **Well-woman Exam:** You should see your gynecologist yearly for a well-woman exam.
- ☑ **Mammograms:** Once you're over 50, you should have a mammogram at least every two years. If your family has a history of breast cancer, get tested annually starting at age 35. Otherwise studies recommend a baseline mammogram at age 40.
- ☑ **Pap smears:** Starting at age 21, you should get a Pap smear at least every three years (assuming your results are negative) until you turn 65. These test for cervical cancer, which is much better treated when detected early.

MEN



The stereotype is true: Men are less likely than women to get routine physical exams from a doctor. **One survey found that 55% of men had not seen their doctor in the previous year — even though 40% of them had a chronic condition.** So, guys, visit your doc — even if you're feeling great.

- ☑ **Abdominal aortic aneurysm:** Men ages 65 to 75 who have ever smoked should have this one-time ultrasound.
- ☑ **Prostate exam:** Most men who are not high-risk can wait until age 50 to get a prostate exam. If you have a family history of prostate problems, talk to your doctor about getting an exam sooner.
- ☑ **Cardiovascular:** Men are 28% more likely than women to be hospitalized for congestive heart failure, so make sure you're tested regularly.

ALL ADULTS



Some tests should be regularly taken by both men and women.

- ☑ **Blood pressure:** According to the US Preventive Services Task Force, adults ages 40 or older and those with increased risk of high blood pressure should be screened annually. Those with increased risk include people with high-normal blood pressure (130 to 139/85 to 89 mm Hg), people who are overweight, and African Americans. Adults ages 18 to 39 with normal blood pressure (<130/85 mm Hg) and no other risk factors should be screened every 3 to 5 years. Talk to your doctor if you have high blood pressure — you may want to be screened more often by your doctor and monitor your own blood pressure regularly at home.
- ☑ **Cholesterol test:** Get your cholesterol checked every five years. If you have risk factors for heart disease, talk to your doctor about more frequent testing.
- ☑ **Colonoscopy:** Once you reach age 50, talk to your doctor about getting a colonoscopy to detect colorectal cancer.
- ☑ **Diabetes screening:** You should be tested for diabetes if your blood pressure is above 135/80, you take high blood pressure medication, you're older than 45, or your body mass index (BMI) is over 25.

CHILDREN



Your kids need preventive care, too! Talk to your child's pediatrician to make sure they're getting all the tests and vaccines they need. Common medical care for children includes:

- ☑ **Routine measuring of height and weight**
- ☑ **Immunizations against diseases**
- ☑ **Dental cleaning and exams**
- ☑ **Vision checks**

Don't just visit your doctor when something's wrong - regular visits and screenings can help you stay healthy and prevent disease before it starts.

Content by Lockton Dunning Benefits with info from:
www.health.harvard.edu; <https://archive.ahrq.gov>;
www.publichealth.org/public-awareness/preventive-care-schedule