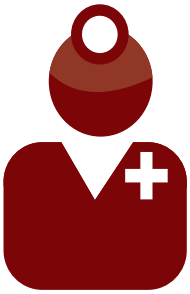


REGULAR CHECK-UPS AND PREVENTIVE SCREENINGS ARE IMPORTANT



Regular health exams and tests can help find problems before they start or in the early stages, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health, family history, lifestyle choices (i.e. what you eat,

how active you are, whether you smoke), and other important factors impact what type and how often you need health care.

Preventative Services are FREE!

If you see an in-network doctor/provider, and your visit is **strictly for preventive care**, you won't have to worry about a copay, coinsurance, or your deductible.

You may have to pay if you receive services other than preventive care during the same visit or if you receive services to treat, diagnose, or monitor an illness, injury, or health problem.

The list of recommended preventive screenings changes with age. Here are some general guidelines for both women and men of all ages without any known risk factors or medical conditions. Make sure to speak with your primary care doctor to create a screening program based on your health history and values.



October is National Breast Cancer Awareness Month!

Breast cancer is the second most common kind of cancer in women. According to the U.S. Department of Health and Human Services, about one in eight women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early. A mammogram—the screening test for breast cancer—can help find breast cancer early when it's easier to treat.

If you are 50 to 74 years old, be sure to have a screening mammogram at least every two years.

Talk to your doctor for your specific screening frequency. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

WOMEN

- Annual checkup/physical exam
- Blood pressure, cholesterol, triglycerides, and diabetes screening (every 1-2 years)
- Body mass index (BMI), a measure of obesity
- Eye exam (every 1-2 years)
- Dental exam (at least annually)
- Breast exam (self-exam, monthly; by doctor, annually)
- Pelvic exam, Pap test/human papilloma virus (HPV) testing (every 2-3 years)
- Skin cancer screening (annually)
- Vaccines: flu (annually), diphtheria/tetanus/pertussis (DPT, every 10 years, until age 65)
- Colonoscopy, screening initial at age 50
- Mammogram at least every two years at age 50. Speak to your doctor about your recommended frequency.

MEN

- Annual checkup/physical exam
- Blood pressure, cholesterol, triglycerides, and diabetes screening (every 1-2 years)
- Body mass index (BMI), a measure of obesity
- Eye exam (every 1-2 years)
- Dental exam (at least annually)
- Skin cancer screening (annually)
- Vaccines: flu (annually), diphtheria/tetanus/pertussis (DPT, every 10 years, until age 65)
- Prostate Cancer Screening—speak to your doctor about your recommended screening frequency at age 50.
- Colonoscopy, screening initial at age 50



In Good Health

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