



# Take an Active Role in Your Preventive Care

Preventive care includes health services like screenings, checkups, and counseling to help you avoid getting sick, or to catch problems early when treatment is likely to work best. **Many of these services are available at no cost to CDPHP members when provided by an in-network doctor.** Talk to your doctor about the right tests and screenings that you and your family need to stay healthy.

## Routine Health Visits

### Adults of Every Age (19+ Years)

Physical Exam	Visit your primary care doctor every year to check height, weight, body mass index (BMI), blood pressure, and get other screenings recommended for you.
Vaccinations	Get important adult vaccines. Visit <a href="http://www.cdphp.com/preventive-care">www.cdphp.com/preventive-care</a> for more information.
Dental Exam	Visit a dentist every 6 months for a cleaning and exam.*
Vision Exam	Get a regular eye exam.*

*\* Check your dental and vision benefits to find out what services are covered.*

## DID YOU KNOW?

Your routine health visit is also a good time to talk with your doctor about:

- ▶ Changes to your medications and family history
- ▶ Concerns about your mental health, including depression and anxiety
- ▶ Getting help with tobacco cessation or weight management

## Adult Women

Tests			
Age →	20–44	45–59	60+
Cholesterol	Get checked if you are at risk.	Get checked every 5 years.	
Blood sugar	Get checked for prediabetes and type 2 diabetes if you are at risk.		
Blood pressure	Get checked at routine health visits.		
Bone health	—		Get checked if at risk, then routinely after age 65.

Cancer Screenings						
Age →	21–29	30–39	40–49	50–64	65–74	75+
<b>Cervical Cancer</b>	Get a Pap test every 3 years.	Starting at 30, you have the option to get an HPV test every 5 years, or a Pap test and an HPV test every 5 years (co-testing), instead of a Pap test every 3 years.			Depends on screening history.	
<b>Breast Cancer</b>	–		Get a mammogram every 1–2 years if recommended by your doctor.			Depends on screening history.
<b>Colorectal Cancer</b>	–		Starting at 45, you should get a colonoscopy every 10 years or as recommended by your doctor.			

Infectious Disease Screenings					
Age →	19–24	25–29	30–49	50–64	65+
Rubella	Get your immunity checked, especially if you are planning to become pregnant.			–	
Chlamydia	Get tested once a year if you are sexually active or at risk.				–
Human papillomavirus (HPV)	Get a Pap test every 3 years starting at the age of 21 or as recommended by your doctor.		Starting at 30, you have the option to get an HPV test every 5 years, or a Pap test and an HPV test every 5 years (co-testing), instead of a Pap test every 3 years.		Depends on screening history.
Hepatitis C	–			Get tested if you were born between 1945–1965.	
HIV	Get tested at routine health visit if at risk.				
Tuberculosis (TB)	Get tested if at risk.				

### DID YOU KNOW?

**Risk is based on family and medical history.** Talk with your doctor about whether you are considered at risk for a specific health condition.

## Adult Men

Tests			
Age →	20–35	35–64	65+
Cholesterol	Get checked if you are at risk.	Get checked every 5 years.	
Blood Sugar	Get checked for prediabetes and type 2 diabetes if you are at risk.		
Blood Pressure	Get checked at routine health visits.		
Abdominal Aortic Aneurysm	—		Get checked once if you have ever smoked.

Cancer Screenings		
Age →	40–44	45+
<b>Colorectal Cancer</b>	–	Get a colonoscopy every 10 years or as recommended by your doctor.
<b>Prostate Cancer</b>	Talk with your doctor about the need for testing.	

Infectious Disease Screenings		
Age →	19–49	50+
<b>HIV</b>	Get tested at routine health visit if at risk.	
<b>Tuberculosis (TB)</b>	Get tested if at risk.	
<b>Hepatitis C</b>	–	Get tested if you were born between 1945–1965.

### DID YOU KNOW?

**Besides a colonoscopy, you have additional options for colorectal cancer screenings.**  
Talk with your doctor about which test is right for you:

Test	Frequency
<b>High-Sensitivity Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT)</b> <i>Both of these lab tests can be done in the privacy of your own home</i>	Every year.
<b>Stool DNA Test (Cologuard)</b> <i>Can be done in the privacy of your own home</i>	Every three years, or as recommended by your doctor.
<b>Sigmoidoscopy</b>	Every five years.
<b>Virtual Colonoscopy, also known as computed tomographic (CT) colonography or CTC</b>	Every five years.

## Guidelines for Specific Health Conditions

**Some additional tests can help you manage disease and prevent complications.**

For adults with coronary artery disease or diabetes, talk with your doctor about which tests are right for you.

### Coronary Artery Disease

**At least once per year:**

- ▶ Get your fasting cholesterol checked.
- ▶ Discuss your medication regimen with your primary care doctor (aspirin, ACE, ARB, beta blocker).

### Diabetes

**At routine health visits:**

- ▶ Get your blood sugar checked with a hemoglobin A1C test at least two times per year.
- ▶ Get your blood pressure checked.

**At least once per year:**

- ▶ Get a dilated (retinal) eye exam by an eye care professional.
- ▶ Get a foot exam.
- ▶ Get your urine tested for proteins to check your kidneys.

For more information about the right preventive health care for you or your family, visit [www.cdphp.com/preventive-care](http://www.cdphp.com/preventive-care). Please log in to [www.cdphp.com](http://www.cdphp.com) to review your detailed medical benefits, or contact member services at the phone number listed on your member ID card. If you have received preventive services that should have been covered in full but were not, please contact member services for further assistance.

**If you would like information about these tests and screenings, you can call a CDPHP nurse. This resource is available to you at no cost. Call 1-888-94-CDPHP (23747).**



- » *No additional cost applies when services are obtained from an in-network doctor. Check your member benefits materials for detailed information.*
- » *Screening tests and immunization recommendations vary according to age, gender, medical, and family history.*
- » *Our guidelines are based on nationally validated recommendations including those from the U.S. Preventive Services Task Force and the Advisory Committee on Immunization Practices.*

#### **Discrimination is Against the Law**

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#### **Multi-language Interpreter Services**

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。