



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 2 years to check height, weight, body mass index (BMI), blood pressure, and get other screenings recommended for you.
Vaccinations	Get important adult vaccines. Visit www.cdphp.com/preventive-care 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

Tests

	20-44 Years	45-59 Years	60+ Years
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

	21-29 Years	30-39 Years	40-49 Years	50-64 Years	65-75 Years	75+ Years
Cervical Cancer	Get a Pap test every 3 years	Starting at 30, you have the option to get a Pap test and an HPV test every 5 years instead of the Pap test every 3 years			Depends on screening history	
Breast Cancer			Get a mammogram every 1-2 years if recommended by your doctor	Get a mammogram every 1-2 years	Depends on screening history	
Colorectal Cancer				Get a colonoscopy every 10 years or talk with your doctor about other screening options (<i>see next page</i>)		

Infectious Disease Screenings

	19-24 Years	25-29 Years	30-49 Years	50-64 Years	65+ Years
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 a Pap test and an HPV test every 5 years instead of the 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.

Tests

	20-35 Years	35-64 Years	65+ Years
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

	40-49 Years	50+ Years
Colorectal Cancer		Get a colonoscopy every 10 years or talk with your doctor about other screening options (<i>see below</i>)
Prostate Cancer	Talk with your doctor about the need for testing	

Infectious Disease Screenings

	19-49 Years	50+ Years
HIV	Get tested at routine health visit if at risk	
Tuberculosis (TB)	Get tested if at risk	
Hepatitis C		Get tested if you were born between 1945-1965



DID YOU KNOW?

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

- ▶ High-Sensitivity Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT) (every year). Both of these lab tests can be done in the privacy of your own home.
- ▶ Stool DNA Test (Cologuard) (every three years) can be done in the privacy of your own home. Prior authorization required through December 31, 2019
- ▶ Sigmoidoscopy (every five years)
- ▶ Virtual Colonoscopy, also known as computed tomographic (CT) colonography or CTC (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. Please log in to 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

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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）。

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