

Preventive Screenings and Examinations for *Women's* Health

Preventive Service	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 & Older
RECOMMENDED EXAMS & SCREENINGS				
Well-Woman Visit	Annually			
Body Mass Index (BMI)	Annually			
Dental Exam	1-2 times every year			
Blood Pressure Check	Every 3 to 5 years; annually if blood pressure is higher than 130/85 or overweight/obese (BMI of 25 or higher)	Annually		
Cervical Cancer Screening	Starting at age 21, Pap smear every 3 years or Pap smear with HPV (human papillomavirus) test every 5 years			Discuss with your healthcare provider
Cholesterol Test	Every 4 to 6 years Discuss with your healthcare provider			
Blood Sugar (Glucose) Test/ Diabetes Screening	Every 3 years for adults who are overweight or obese (BMI of 25 or higher)			
Breast Cancer Screening/ Mammogram	Discuss with your healthcare provider		Every 2 years	
Colorectal Cancer Screening	Colonoscopy every 10 years, CT colonography every 5 years, Flexible sigmoidoscopy every 5 years, or Annual stool-based test such as FOBT or FIT			
Bone Mineral Density Test	Discuss with your healthcare provider			At least every 2 years
RECOMMENDED IMMUNIZATIONS				
Influenza (flu) Vaccine	Annually			
Tetanus-Diphtheria (Td/Tdap) Booster Vaccine	Every 10 years			
Shingles Vaccine	One dose after age 60, even if you have had shingles before			

Sources: United States Preventive Services Task Force, ACC/AHA, the Advisory Committee on Immunization Practices, and the American Academy of Family Physicians

Make sure to talk to your doctor about the appropriateness of these additional tests & services for you.

- Depression Screening
- Sexually Transmitted Disease (STD) Tests
- Eye Exams
- Thyroid (TSH) Test
- Skin Cancer Screening
- Other Vaccination or Booster Shots
- Hearing Tests

Please note: This chart is only a guideline. Contact your healthcare provider to determine which tests and examinations best meet your healthcare needs. Please refer to your plan summary or contact Customer Care at 1.866.738.3924 for more information on plan benefits for these services.

CREATING A HEALTHIER FUTURE – EACH CLIENT, EVERY TIME™



Regence

Group Administrators

An Independent Licensee of the Blue Cross and Blue Shield Association



Preventive Screenings and Examinations for Men's Health

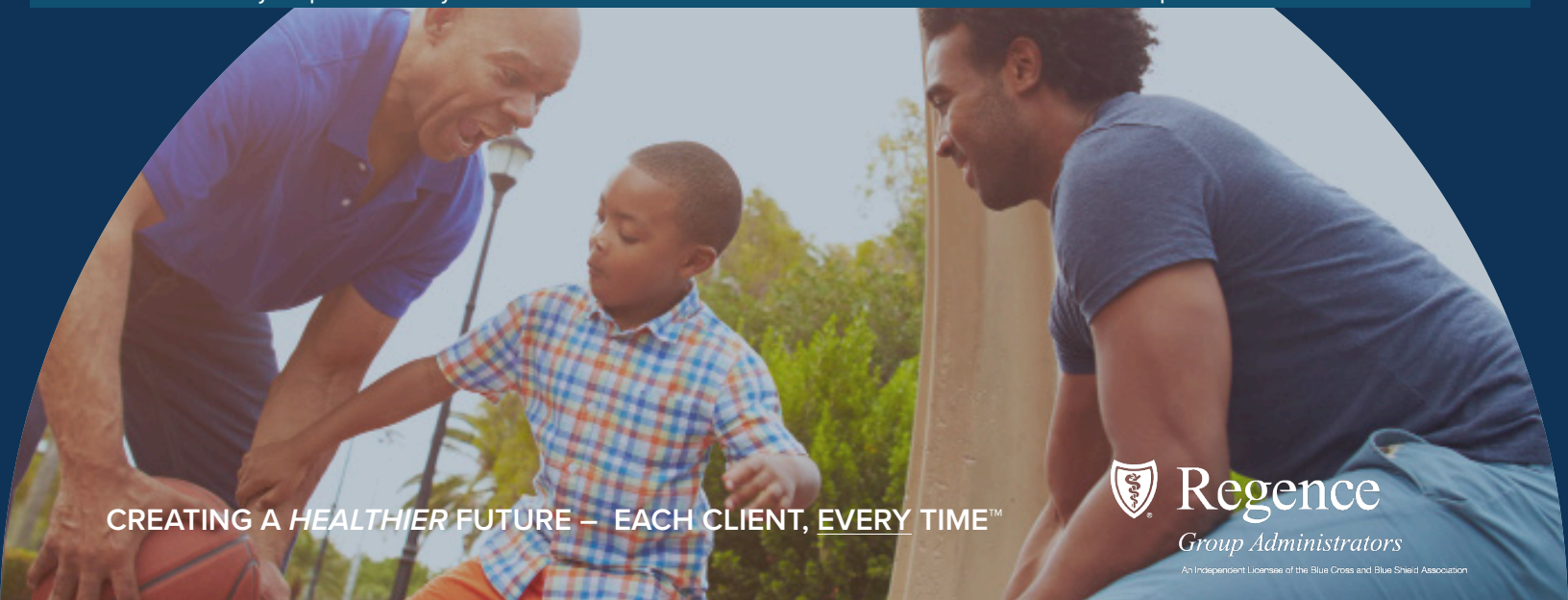
Preventive Service	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 & Older
RECOMMENDED EXAMS & SCREENINGS				
Wellness Visit	Annually			
Body Mass Index (BMI)	Annually			
Dental Exam	1 - 2 times every year			
Blood Pressure Check	Every 3 to 5 years; annually if blood pressure is higher than 130/85 or overweight/obese (BMI of 25 or higher)	Annually		
Cholesterol Test	Every 4 to 6 years Discuss with your healthcare provider			
Blood Sugar (Glucose) Test / Diabetes Screening	Every 3 years for adults who are overweight or obese (BMI of 25 or higher)			
Colorectal Cancer Screening	Colonoscopy every 10 years, CT colonography every 5 years, Flexible sigmoidoscopy every 5 years, or Annual stool-based test such as FOBT or FIT			
RECOMMENDED IMMUNIZATIONS				
Influenza (flu) Vaccine	Annually			
Tetanus-Diphtheria (Td/Tdap) Booster Vaccine	Every 10 years			
Shingles Vaccine	One dose after age 60, even if you have had shingles before			

Sources: United States Preventive Services Task Force, the Advisory Committee on Immunization Practices, the American College of Cardiology/American Heart Association Task Force on Practice Guidelines, and the American Academy of Family Physicians

Make sure to talk to your doctor about the appropriateness of these additional tests & services for you.

- Depression Screening
- Sexually Transmitted Disease (STD) Tests
- Eye Exams
- Skin Cancer Screening
- Other Vaccination or Booster Shots
- Hearing Tests

Please note: This chart is only a guideline. Contact your healthcare provider to determine which tests and examinations best meet your healthcare needs. Please refer to your plan summary or contact Customer Care at 1.866.738.3924 for more information on plan benefits for these services.



CREATING A HEALTHIER FUTURE – EACH CLIENT, EVERY TIME™



Regence

Group Administrators

An Independent Licensee of the Blue Cross and Blue Shield Association