

Bring this preventive care checklist with you to the doctor

Get the most out of your benefits by scheduling preventive care with a network doctor. Use this checklist as a guide. Your doctor can recommend what's best for you.

✓	Health service	Who needs it	How often	Your cost	Appointment
○	Annual wellness visit/ routine physical exam	Everyone	Every year	\$0; labs/ tests subject to copay	_____
○	Mammogram (breast cancer screening)	Women, ages 50-74; earlier if high risk	Every year	\$0 copay for preventive screening	_____
○	Colorectal cancer screening	Everyone, ages 50-75; earlier if high risk	Talk to your doctor	\$0 copay for preventive screening; coinsurance for biopsy/tissue removal	_____
○	Diabetic care (A1c test, kidney test, eye exam)	Everyone with diabetes	Talk to your doctor	\$0 copay	_____
○	Bone density test	Women, ages 65+, or at high risk	Talk to your doctor	\$0 copay	_____
○	Medication review	Everyone	At least once per year	Included in annual wellness visit/ routine physical exam	_____

* Colonoscopy covered once every 10 years. Fecal immunochemical test (FIT) and fecal occult blood test (FOBT) are colorectal screening tests that check for hidden blood in the stool. Either test is covered once per year. FIT-DNA tests are covered once every three years.

