

Your Preventive Care Checklist | Women 40 and Over

NEW YEAR, NEW YOU: MAKE THE MOST OUT OF YOUR HEALTH PLAN AND BENEFITS

Are you getting the preventive care you need? When it comes to regular checkups and screenings, many women are missing out. Check out the recommendations we've compiled for women in different age groups, then log in to Castlight to see what's covered by your plan.

These suggestions are based on recommendations from a number of preventive health task forces and expert organizations. But everyone's health is different. The most important part of preventive care is a regular visit to a primary care doctor, who can make recommendations tailored just for you.

FOR EVERY ONE

<input type="checkbox"/>	Physical exam	Every 1-2 years
<input type="checkbox"/>	Cholesterol screening	If you smoke, are overweight, or have risk factors for heart disease, high blood pressure, or diabetes
<input type="checkbox"/>	Flu shot	Annually, in fall or winter
<input type="checkbox"/>	Other immunizations	Ask your doctor which ones are right for you
<input type="checkbox"/>	Dental exam and cleaning	Every six months or annually
<input type="checkbox"/>	Reproductive health screening	Annual pelvic exam and periodic screenings like Pap tests
<input type="checkbox"/>	Mammogram	Every 1-2 years

DEPENDING ON YOUR HEALTH HISTORY AND NEEDS

<input type="checkbox"/>	Colon cancer screening	Starting at age 50, either colonoscopy every 10 years or FIT test annually
<input type="checkbox"/>	Diabetes/blood glucose screening	If you are overweight, have high blood pressure, or have risk factors for diabetes
<input type="checkbox"/>	Bone density test	Once at age 65, earlier if you have risk factors for osteoporosis
<input type="checkbox"/>	Skin exam	Periodically, if you have risk factors for skin cancer
<input type="checkbox"/>	Baseline eye disease screening	At age 50