

# YOU TAKE CARE OF EVERYONE ELSE NOW TAKE CARE OF YOURSELF



You take the kids to the pediatrician, your dad for a checkup and the dog to the vet - because you care about their health. Now it's your turn. Getting preventive care can protect you from a health condition or illness. Make an appointment today.

Physical Exams	Age 19 to 49	Every 1 to 2 years
	Age 50 and older	Annually
Blood Pressure	If normal	Each office visit or once every 2 years
	If more than 130 /85	Annually
Cholesterol	Beginning at age 20	Every 5 years
Blood Sugar	Beginning at age 45	At 3-year intervals if at risk for diabetes
Colon Cancer Screening	Age 50 and older	Ask your doctor about frequency
Flu Shot	Age 6 months and older	Annually
Pelvic and Clinical Breast Exam	Annually	
PAP Test	Based on your medical history	Every 1 to 3 years
Mammogram	After age 40	Every 1 to 2 years
Genetic Testing	Ask your doctor about your breast and ovarian cancer susceptibility	
BRCA positive or untested and family member of a BRCA carrier	Annual breast MRI	



## PREVENTIVE CARE SAVES LIVES

A schedule of preventive care is available on your member website. For more information, talk to your doctor. Or contact a Blues On Call<sup>SM</sup> Health Coach directly at 1-888-BLUE-428 (1-888-258-3428).