

Preventive Care Screenings

The following chart shows the preventive care exams and screenings covered by your plan, depending on age and gender.

Service	Gender	Age	Frequency
Abdominal aortic aneurysm screening by ultrasound for current or former tobacco users	Male	65-75 years	One time only
Bone density screening	Female	65 years and older, at 60 years at physician discretion based on risk factors	Every two years
Chlamydia screening	Female	18-24 years, younger if sexually active	One time only
Cholesterol/lipids screening		Men: 35-65 years Women: 45-65 years After age 65, at physician discretion based on risk factors	Every 5 years
Colonoscopy		50 years and older, or younger if at risk	Once every 10 years, but not within 48 months of a preventive sigmoidoscopy screening
Fasting blood glucose testing for patients with established diagnosis of hypertension or established diagnosis of hyperlipidemia		19 years and older	Every 1-3 years
Fecal occult blood test for colorectal cancer, as part of your routine physical exam		50 years and older	Annually
Flexible sigmoidoscopy		50 years and older, or younger if at risk	Once every 48 months
Flu shots		6 months and older	Annually
Gonorrhea screening	Female	18-24 years, younger if sexually active	One time only
HIV screening		8-21 years, if at increased risk per U.S. Preventive Services Task Force guidelines	Up to 2 tests annually
Mammogram	Female	40 years and older	Every 1-2 years, depending on risk factors

Service	Gender	Age	Frequency
Pap smears and pelvic exam	Female	19-64 years	Annually, or once every 1-3 years, depending on provider recommendation
Physical exams		19 years and older	Annually
Vaccines and childhood immunizations		As recommended by the Centers for Disease Control for disease prevention	As recommended by the Centers for Disease Control for disease prevention
Well-child visits		Newborn, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months	