

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 ultrasound | Male | 65-75 years | Once per lifetime for current or prior tobacco users |
| 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 | Once per year |
| 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 diagnosis of high blood pressure or diagnosis of high cholesterol | | 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 | Once per year |
| HIV screening | | 8-21 years, if at increased risk | Up to 2 tests annually |
| Immunizations | | As recommended for U.S. residents by the Centers for Disease Control and Prevention | As recommended for U.S. residents by the Centers for Disease Control and Prevention |
| Mammogram | Female | 40 years and older | Every 1-2 years, depending on risk factors |
| Pap smear and pelvic exam | Female | 18-64 years (65 years and older if recommended by your provider) | No more than once per calendar year |
| Physical exams | | 1 routine exam per calendar year for all members ages 2 and up | Annually |
| Well-baby visits | | 8 routine exams during the first 24 months of life | |