

Schedule a yearly exam as your checkpoint for preventive health



Is a health checkup on your checklist?

Having a yearly checkup is one of the most important things you can do to help stay healthy. Talk to your doctor about health screenings you will need this year. Use this list as a guide for your discussion:

- Cholesterol check
- Blood glucose (sugar) to detect diabetes
- High blood pressure screening
- Colon cancer screening
- Skin cancer check
- Male- and female-specific screenings
- Immunizations

Make time for your annual checkup. Getting the right health screenings, tests, services and treatments helps improve your chances for living a longer, healthier life.

Check your benefit booklet to determine if your health plan coverage pays for this type of screening.



Add My Care Profile—your online personal health record—to your checklist. Check it out by logging in to Blue Access® for Members and clicking the Personal Health Manager icon. Find the My Care Profile box, then select Access Your Care Profile.



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Source: Centers for Disease Control and Prevention

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