



Adult Health Checklist

Make Preventive Care a Priority

Take control of your health today for a healthier tomorrow. Use this checklist to keep screenings and visits top of mind. Preventive care services are covered at no cost when you use in-network providers.

Check with your provider about the care best for you and most important for your health. If you need help finding a supportive and affirming provider please call **1-877-222-1240** (TTY 711), Monday-Friday from 8 a.m. to 5 p.m.

	WHAT	WHO/WHEN	WHY
General Preventive Care			
☐	 Annual Routine Checkup Wellness Visit	Once a year	This visit with your primary care provider is a great opportunity to discuss exercise, diet, sleep, medications, mood and any screenings or immunizations you may be due for.
☐	 Annual Obstetrician-Gynecologist (OB/GYN) Visit	Once a year until age 65	This visit with your OB/GYN focuses on reproductive health, contraception, family planning and fertility care, including menstruation, breast/breast mastectomy, cervix, pelvis, uterus and pelvic floor health.
☐	 Blood Pressure Screening	Ages 18-39, every 3-5 years, and once a year after age 40	Getting your blood pressure checked can give your doctor important information about your risk for stroke and heart attack.
☐	 Bone Health – Osteoporosis Screening	Age 65+ or post-menopause	Age, family history, menopause and other factors may put you at risk. Help keep your bones strong with exercise and a diet rich in calcium and vitamin D.
☐	 Cholesterol Screening	Every 4-6 years	Too much cholesterol makes it harder for blood to flow through your body. Lower your risk with healthy eating and exercise.
☐	 Depression Screening	Everyone, including pregnant or postpartum people and older adults	Talk to your health care provider if you have persistent low mood, feelings of sadness, problems sleeping, or loss of interest in normally enjoyable activities over a two week period.
☐	 Diabetes (Type 2) Screening	Age 35-70, once a year if overweight/obese	There are lots of ways to prevent and manage diabetes if you are aware of your risk.
☐	 HIV Screening	At least once in a lifetime; once a year if at high risk	The only way to know you do not have HIV is to get tested. HIV screening is important at any age if you are at risk.
☐	 Sexual Transmitted Infection (STI) Screening	If sexually active, including pregnant people	Sexual infections may not have symptoms and are shared through sexual contact. STIs including chlamydia, gonorrhea, herpes, or HIV can be tested in a doctor's office or clinic using a sample of urine, blood, tissue, or saliva and then sent to a lab. Home testing options are available.

	WHAT	WHO/WHEN	WHY
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Cancer Screenings

Cancer screenings may result in earlier detection, make it easier to treat, and possibly cure. Your cancer screening needs may vary if you have had breast, chest or genital surgery, hormone therapy, or due to other personal health risk factors. Your health care provider can confirm screenings best for you based on your health and health history.

☐	 Breast Health – Mammogram (diagnostic x-ray)	Mammograms are covered starting at age 50 and every 1-2 years until age 75.	Mammography screening uses an x-ray of the breast tissue that can detect breast tissue changes that may be cancer.
☐	 Cervical Cancer Screening	Ages 21-65, every 3-5 years	The cervix is the lower part of the uterus (womb). Regular Pap and HPV testing can help find abnormalities before they turn into cancer.
☐	 Colorectal Cancer Screening	Ages 45-75 (earlier if at higher risk), every 5-10 years (or more frequent based on health risk)	Special tests can detect colorectal cancer early, which makes it easier to treat.
☐	 Lung Cancer Screening	Ages 50-80 who are heavy smokers (20 year history), currently smoke, or have quit in the past 15 years	People who smoke, especially heavy smokers, are at a high risk for lung cancer.
☐	 Prostate Screening	Ages 55-69	The prostate is a part of the reproductive system, which includes the penis, prostate, and testicles. With age the prostate can increase in size and decrease urine flow. Talk with your doctor to decide if screening is right for you.

Vaccines/Immunizations

☐	 Vaccines/Immunizations	As directed by your health care provider or based on your personal health risk	Vaccines save lives, even for otherwise healthy people. Most vaccines are no cost, including those that prevent COVID-19, flu, pneumonia, tetanus, and human papillomavirus vaccine (HPV). A shingles vaccine (Shingrix) is recommended for people age 50+.
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Screening recommendations are based U.S. Preventive Services Task Force (USPSTF) guidelines as of April 2023.

Some plans offered by ExcellusBCBS also include coverage for dental, vision and hearing care, such as routine exams, glasses or contacts, hearing screenings and/or hearing aids.

Log in to [ExcellusBCBS.com](https://www.excellusbcbs.com) to check your benefits and coverage.



Our Customer Care advocates are also happy to help.



*A well visit or preventive service can sometimes turn into a "sick visit," in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.

Out-of-network/non-contracted providers are under no obligation to treat Excellus BlueCross BlueShield members, except in emergency situations. Please call our Customer Care number or see your Evidence of Coverage for more information.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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