Take control of your health

Important preventive health screenings for both men and women.

- Blood pressure beginning at age 18 and recommended every two (2) years.
- Lipid profile (cholesterol) beginning at age 35 and recommended every five (5) years or as directed by your doctor.
- Colorectal cancer screenings recommended between the ages of 50-75. Ask your doctor which colorectal cancer screening is right for you.*

Other screenings are recommended for women such as cervical cancer,* mammogram,* and chlamydia.

* If you have a family history, your doctor may schedule screenings earlier. Check with customer service for benefit coverage.

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