



Learn your current health status and receive personalized strategies to help address any health risks.
Take a health assessment today and learn your health age!

- Follow these easy steps to get started:**
- 1 Visit modahealth.com
 - 2 Log in to myModa, your personalized member website
 - 3 Once you've signed in, click "Momentum"



Instructions:

- 1 Fold in half.
- 2 Fold on dotted lines at each end.
- 3 Tape at bottom.

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



And don't forget about your skin. Consider seeing a dermatologist if you notice changes in your skin or moles. Remember the ABC's of any moles: Area – Border – Color.

- Chlamydia
- Mammogram*
- Cervical cancer*

Other screenings recommended for women include:

- Blood pressure beginning at age 18 and recommended every two years.
 - Lipid profile (cholesterol) starting at age 35 and recommended every five 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.*
- A basic list of recommended preventive health screenings for men and women.**



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