

HERE'S TO HEALTH

Preventive tests are covered 100% as long as they are coded preventive.

What steps can I take for better health?

Dental
Every 6 months.

Vision
Every year.

Pap Smear
Screens for abnormalities/cervical cancer. First at age 21. Continue to have every three years until age 65. Women over 65 who have three or more paps in a row with no abnormal results can stop having tests.

Maintain a healthy weight



Get and stay active

Take care of your mental health



Practice good sleep habits

Eat balanced meals



Monitor alcohol intake

WOMEN'S HEALTH EDITION


AssuredPartners

Colorectal Cancer Screening

Screens for colon cancer. After the age of 50.

Pelvic Exam

Checks for abnormalities. Every one to three years after having three consecutive normal exams.

Mammogram

Screens for breast cancer. Every one to two years after age 50.