

LADIES, SCHEDULE YOUR ANNUAL CHECKUP TODAY!



And use this checklist as a guide.

Preventive care is an important part of your health and well-being. When you see your primary care provider for an annual checkup you can ask questions, get important screenings and vaccinations, and identify risks early so you can better protect your health. That’s why your Cigna health plan covers preventive care services at 100%* if you use a primary care provider who is in your plan’s network.

Schedule your annual checkup and use this checklist to help you start the conversation with your primary care provider. Be sure to:

- Know your family and medical history, if possible, including any history of allergies.
- Write down any specific questions you may have for your doctor and bring them with you.
- Decide with your doctor which tests are right for you based on your age, gender and risk factors.

TEST/SCREENING	RECOMMENDATIONS/AVERAGE RANGE**	NOTES/QUESTIONS
Periodic physical, may include:		
Height		
Weight		
Body mass index (BMI)	18.5-24.9	
Waist circumference	35 inches or less	
Blood pressure	Normal adult: 120/80 or below	
Additional recommended screenings:		
Cholesterol/lipid disorders screenings	Ages 45 and older, or ages 20-45 if risk factors	
– Total cholesterol	Normal: Less than 200 mg/dL	
– HDL cholesterol “Good” cholesterol	Normal: 40-60 mg/dL	
– LDL cholesterol “Bad” cholesterol	Normal: Less than 100 mg/dL Note: High-risk individuals should discuss their goals with their doctor	
– Triglycerides	Normal: Less than 150 mg/dL	
Cervical cancer screening	Ages 21+, Pap test every 3 years Ages 30-65, HPV and Pap test every 5 years or a Pap test alone every 3 years	
Chlamydia	Sexually active women ages 24 and under, and older women at risk. Or as recommended by your doctor	
Breast cancer screening	Ages 40+ every 1-2 years	
Osteoporosis (bone density)	Ages 65+, or under age 65 if risk factors	
Colorectal cancer screening	Begin screening at age 50	
HIV screening and counseling	Sexually active women, annually	
Immunizations, including:		
HPV	Catch-up through age 26	
Influenza vaccination	All adults, annually	
Tetanus vaccination	Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11 and older	
Varicella (chickenpox)	Second dose catch-up, or if no evidence of prior immunization or chickenpox	
Zoster (shingles)	Ages 60+	
Diabetes		
Diabetes screening (glucose)	Adults with sustained blood pressure greater than 135/80 Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL	

If you have diabetes or are at risk for developing diabetes, here is how to help keep it under control.

- Have an annual check-up every year and periodic follow-up as directed by your doctor.
- Have your feet examined every year and know how to care for your feet.
- Obtain a diabetic retinal eye exam every year to check for diabetic retinopathy.
- Get your blood pressure checked at each visit.
- Obtain lab tests as directed by your doctor such as blood glucose levels, Hemoglobin A1c, lipid profile and urine or blood protein levels.

* Plans may vary. Includes eligible in-network preventive care services. Some preventive care services may not be covered, including most immunizations for travel. Reference plan documents for a list of covered and non-covered preventive care services.

**According to the Centers for Disease Control and Prevention, <https://www.cdc.gov/family/checkup/> (page last reviewed 12/23/15)

This screening information serves as a guideline only and is based on general recommendations from leading national health organizations. Knowing certain test results will help you and your doctor better understand your health and see where you might need to make improvements. You should always talk with your doctor if you have any questions or health care concerns.

Coverage exclusions: This document does not guarantee coverage for all services and all plans have exclusions and limitations. For a complete list of both covered and not-covered services, including benefits required by your state, see your plan documents.



Together, all the way.®