




HEALTH BENEFITS PREVENTIVE CARE

A STEP-BY-STEP ROADMAP FOR EACH FAMILY MEMBER


ROUTINE HEALTH CARE KEEPS YOU AND YOUR FAMILY HEALTHY

Use this guide to plan your preventive care strategy now.


WOMEN

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- **Well-Woman Visit** (every year)
 - **Adult Vaccinations** (includes annual flu shot)
 - **Mammogram** (every 1-2 years ages 40+)
 - **Cervical Cancer Screening** (every 3 years ages 21-65)
 - **Colon Cancer Screening** (ages 50 – 75)
 - **Cholesterol Check** (once every 5 years)
 - **Blood Pressure Check** (every 1-2 years)

CHILDREN

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- **Developmental Screenings** (birth to age 3)
 - **Immunization Vaccines** (birth to age 18)
 - **Autism Screening** (at 18 and 24 months)
 - **Vision Screening** (at least once between ages 3 and 5)
 - **Well-Child Exams** (birth to age 18)

MEN

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- **Wellness Exam** (every 1-3 years)
 - **Abdominal Aortic Aneurysm Screening** (smokers age 65-75)
 - **Adult Vaccinations** (includes annual flu shot)
 - **Cholesterol Check** (once every 5 years)
 - **Blood Pressure Check** (every 1-2 years)

GETTING STARTED



Ask your Doctor:

Your Primary Care Physician should be your first call. Have your Medical ID Card ready.

QUESTIONS?



Contact TrueAdvocate:

888-655-9980



trueadvocate@
truenorthcompanies.com



Benefit options provided by:



Sources: Centers for Disease Control; www.healthcare.gov

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