



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.

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.



Instructions:

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