



Men

Prostate Recommended age 50 and older

Men over 50, and high-risk men 45-50, should speak with their doctor about their prostate health.

Blood cholesterol As directed by physician

To reduce risk of heart disease, periodic screening of cholesterol levels is recommended for men ages 35 and older, and women and younger men who are at risk for cardiovascular disease.

Early detection is the key to fighting many diseases. Getting the right tests at the right time can increase chances of treatment success and survival. Before having any tests performed, review your benefits to see which tests are covered by your plan.

The preventive guidelines are based on U.S. Preventive Services Task Force and CDC/ACIP recommendations and may not be covered by your group plan. Please review your benefit plan for coverage information.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide you with specific ideas for a healthy and safe lifestyle.

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This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece. Always check your benefits for coverage information and limitations.



What Age, What Test?

There are many tests that can detect medical conditions. The difficulty is remembering at what age to get which test.



A wellness program for you from Blue Cross and Blue Shield of Alabama



Here is a guide to help you know.

Dental Recommended first visit by age 1

It is recommended that adults and children have a dental visit annually, although they can be more frequent. Your dentist can help you determine how often your teeth should be cleaned. Children should have their first dental visit by age one.

Vision Recommended first visit before age 5

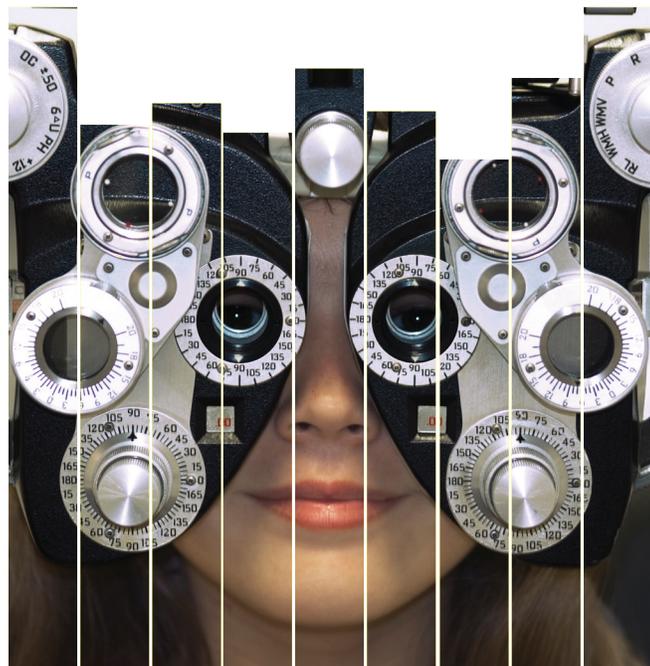
Adults should have an eye exam every two years or as recommended by a health professional. Children should have their vision tested before age five.

Diabetes Recommended age 18 or older

Adults who have symptoms of diabetes, or who have blood pressure readings higher than 135/80 mmHg, should have their hemoglobin A1C checked every three years. More frequent testing may be needed for individuals at higher risk.

Colorectal Recommended age 50 and older

Individuals 50 years or older should be tested for colorectal cancer. Those who are at increased risk should speak to their doctor about earlier testing.



Women

Pap smear Recommended age 21 or older

All women age 21 or older should have a pap smear every year. Women aged 30 or older may also choose to have a pap smear in conjunction with the human papillomavirus (HPV) test every three years.

Mammogram Recommended age 50 and older

The US Preventive Services Task Force (USPSTF) recommends mammograms every two years for women aged 50 to 74 years. The decision to start screening mammography prior to age 50 should be an individual one. Women who place a higher value on the potential benefit than the potential harm may choose to begin screening mammograms at age 40.

Osteoporosis Recommended for women age 65+

A bone density test is recommended for women under 65 who have at least one risk factor, and for women over 65 who have never had a bone density test. The interval between tests can be two or more years.