



*Preventive medicine can delay or prevent the onset of many chronic or terminal health conditions.  
Take this Preventive Health Checklist with you to get the most value from your wellness visit.*

SCREENING	WHO NEEDS IT?	HOW OFTEN?	RECEIVED
<b>Breast Cancer Screening</b>	All women 50-74	Once every 24 months	DATE: _____ RESULTS: _____ _____ _____
<b>Cholesterol Screening</b>	Anyone with diagnosed heart disease and/or diabetes	Once every 12 months	DATE: _____ RESULTS: _____ _____ _____
<b>Colorectal Cancer Screening</b>	Anyone 50-75	Colonoscopy every 10 years or fecal occult blood test (FOBT) once every 12 months	DATE: _____ RESULTS: _____ _____ _____
<b>BMI Check</b>	All Blue Advantage members	Once every 24 months	DATE: _____ RESULTS: _____ _____ _____
<b>Flu Vaccine</b>	All Blue Advantage members	At least once every 12 months	DATE: _____ RESULTS: _____ _____ _____
<b>Osteoporosis Management</b>	All women 67-85 who have had a fracture or broken bone	Treatment or screening within 6 months after fracture/break	DATE: _____ RESULTS: _____ _____ _____
<b>Blood Pressure Check</b>	All Blue Advantage members	At every doctor visit	DATE: _____ RESULTS: _____ _____ _____
<b>Rheumatoid Arthritis (RA) Management</b>	All members diagnosed with RA	Fill at least one prescription for a disease modifying anti-rheumatic drug (DMARD)	DATE: _____ RESULTS: _____ _____ _____