

THE CLUES TO BETTER HEALTH

The who, what, when and why of preventive screenings

To stay healthy at any stage — and any age — it's important to see your doctor regularly. In the U.S., more than 100,000 lives could be saved each year if everyone received preventive care.¹ By getting your **recommended screenings**, you and your doctor can detect potential problems sooner, which can lead to faster treatment and fewer complications in the future.

1

DIABETES

The U.S. Preventive Services Task Force (USPSTF) recommends this screening for adults ages 40 to 70 who are overweight or obese to check for abnormal blood sugar levels.

2

COLORECTAL CANCER

All men and women ages 50 to 75 should be screened for colorectal cancer.

3

BREAST CANCER

Starting at age 40, women should have a mammogram every one to two years.

4

CERVICAL CANCER

Women ages 21 to 65 should have a cervical screening with a Pap smear every three years. Women ages 30 to 65 can combine their screening with a Pap smear and HPV testing every five years.

6

DEPRESSION

Adolescents (aged 12+ years) and adults should be assessed for depression, including pregnant and postpartum women.

5

OBESITY

Children (aged 6+ years) and adults (having a body mass index of 30 or above) should be screened for obesity.

7

HIV

Recommended for all adolescents and adults ages 15 to 65.

8

HEPATITIS C

Recommended for people at high risk. A one-time screening is also recommended for adults born between 1945 and 1965.

9

BLOOD PRESSURE

Recommended for all adults to help prevent heart attacks and stroke.

General screening recommendations²

Become an effective health detective by asking your doctor which screenings you may need.

Don't forget your immunizations!

Check with your doctor to make sure you're up to date on your:

- Flu vaccine
- Td/Tdap (tetanus, diphtheria, pertussis)
- MMR (measles, mumps, rubella)
- Chickenpox

NEED A SIDEKICK TO DECODE THE MYSTERIES OF PREVENTIVE HEALTH?

Give us a call! We can answer any questions you and your covered family members might have about preventive screenings and help you prepare for a doctor's visit. This service is provided to you as part of your Railroad benefits. Any support you receive will be kept completely confidential.

- › Aetna — Wellness Coach: **1-866-213-0153**
- › Highmark Blue Cross Blue Shield: **1-866-267-3320**
- › UnitedHealthcare: **1-866-735-5685**