







## CHECKLIST FOR OLDER ADULT HEALTH (65+)

# Make Preventive Care A Priority

Take control of your health today to ensure a healthier tomorrow. This checklist makes it easier to keep the most essential screenings and doctor visits top of mind. Plus, preventive care services may be covered at no additional cost to you\*, so saving is easier, too.

What	Who + When	Why
<input type="checkbox"/> <b>Annual Wellness Visit/ Physical</b>	<b>Everyone</b> Once a year	This once-a-year visit is a great opportunity to touch base with your doctor. Be sure you discuss exercise, diet, sleep, risk for diabetes, medications, fall risk and mood.
<input type="checkbox"/> <b>Blood Pressure Screening</b>	<b>Age 18+</b> Once a year	Blood pressure control is the single most important factor in preventing heart attacks, stroke, and serious memory loss.
<input type="checkbox"/> <b>Cholesterol Screening</b>	<b>Everyone</b> Every 4-6 years, more often if you have a family history, heart disease, diabetes, or other blood vessel disease risk factors	Too much cholesterol makes it harder for blood to flow through your body. Lower your risk by eating healthier and exercising.
<input type="checkbox"/> <b>Colorectal Cancer Screening</b>	<b>Everyone, Ages 45-75</b> Regular testing	Special tests can detect colorectal cancer early, which makes it easier to treat.
<input type="checkbox"/> <b>Diabetes (Type 2) Screening</b>	<b>35-70 and overweight/obese</b> Once a year	There are lots of ways to prevent and manage diabetes.
<input type="checkbox"/> <b>Falls Prevention (with exercise or physical therapy)</b>	<b>Everyone</b> Routinely	Falls are the 6th leading cause of death; 30 minutes of exercise 5 days per week reduces fall risk. Tai-chi and balance exercises count.
<input type="checkbox"/> <b>Immunization Vaccines (Ex: Flu, Pneumonia, and COVID-19)</b>	<b>Everyone</b> As directed by your doctor	Vaccinations aren't just for kids. Vaccines save lives, even for otherwise healthy people.

Continued

 <b>Lung Cancer Screening</b>	<b>Everyone, Ages 50-80 with a history of heavy smoking</b> Once a year	Adults are at high risk for lung cancer if they're heavy smokers (30 year history), currently smoke, or have quit in the past 15 years.
 <b>Mammography Screening</b>	<b>Women, Ages 50+</b> Every 1-2 years, at least until age 75	Screening may result in earlier detection and possible cure. Women younger than 50 and with a family history should talk with their health care provider.
 <b>Osteoporosis Screening</b>	<b>Age 65+ (or postmenopausal)</b>	A bone measurement screening is recommended. Risk increases with age. Reduce your risk with exercise and a diet rich in calcium and vitamin D.
 <b>Prostate Screening</b>	<b>Men, Ages 55-69</b>	Even though prostate cancer is common, the risks of getting screened can outweigh the benefits. The decision to get screened is a personal choice. Talk with your doctor to figure out what is best for you.

These are just some of the preventive care services available to you.  
**For a full list of what's covered, visit [MyUniveraMedicare.com](https://myuniveramedicare.com)**



Download the **Univera Healthcare app** and register your online account.



\*A well visit or preventive service can sometimes turn into a "sick visit", in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.

Out-of-pocket costs may be higher when you use an out-of-network provider, except in cases such as emergency care, urgently needed care, or out-of-area renal dialysis.

Out-of-network/non-contracted providers are under no obligation to treat Univera Healthcare members, except in emergency situations. Please call our Customer Care number or see your Evidence of Coverage for more information.

Our Health Plan does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-883-9577 (TTY: 1-800-662-1220).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-877-883-9577 (TTY: 1-800-662-1220)

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