



Preventive Health

Guidelines for Adults

Primary Care Visits & General Screenings

- Routine check-up**
Once a year
- Depression & anxiety screening**
Once a year
- Pelvic & breast exam** (women)
Once a year
- Blood pressure screening**
Once a year
- Cholesterol (lipid) screening**
Every 5 years; more often if high risk
- Diabetes screening**
Every 3 years for adults ages 40+

Immunizations

- COVID-19**
Per doctor's recommendation and CDC guidelines
- Flu**
Once a year
- Shingles**
Two doses for adults ages 50+

Cancer Screenings

- Colon and rectal cancer screening (including colonoscopy)**
Every 1-10 years for adults ages 45+; more often if high risk
- Lung cancer screening**
Once a year for current smokers ages 50+ or those who quit smoking within the past 15 years
- Skin cancer screening**
Once a year
- Breast cancer screening** (women)
Once a year for women ages 40+, or ages 30+ if high risk
- Cervical cancer screening** (women)
PAP test once every 3 years for women ages 21-29; PAP and HPV test once every 5 years for women 30+
- Endometrial cancer screening** (women)
Once a year for women with family history
- Prostate cancer screening** (men)
Once a year for men ages 40+ with family history; once every 2-3 years for men ages 50+ with no family history

Most health plans fully cover the recommended preventive care services at an in-network provider, so you pay \$0 out-of-pocket. Be sure to verify your individual benefits by calling the phone number on the back of your medical and prescription ID card. If a service is not considered preventive or you don't fall within the coverage guidelines, copays, coinsurance, or deductible charges may apply.

For a complete list of preventive care services for all ages, please visit myschoolbenefits.org. Select the appropriate menu tab (IBX Benefits or Highmark Benefits) and then select the Medical and Prescription Drug sub menu tab.