

Wellness screenings checklist

Here are some common screenings for people of average risk, as recommended by the Centers for Disease Control and Prevention. Bring this checklist to your appointment, and have a conversation with your doctor about which screenings you need and how often you should schedule them. Your Humana health plan may cover these at no additional cost to you.

Factors like age and personal medical and family history all determine which tests you take and how often you may need them.

Screening type	Frequency* ¹
Physical exam and health guidance	
<input type="radio"/> Includes: weight, height, level of exercise or physical activity, risk of falling, body mass index (BMI) and blood pressure	Yearly
<input type="radio"/> Cholesterol check	Every 5 years
<input type="radio"/> Bone density (women)	Ask your doctor
Vaccines²	
<input type="radio"/> Influenza (flu) virus	Yearly
<input type="radio"/> Pneumococcal (pneumonia)	One time (may need booster)
Diabetes screening and management	
<input type="radio"/> Blood sugar test (HbA1c)	Ask your doctor
<input type="radio"/> Comprehensive eye exam	Ask your doctor
<input type="radio"/> Urine test for nephropathy	Ask your doctor
Colorectal cancer	
<input type="radio"/> Colonoscopy	Every 10 years
<input type="radio"/> Flexible sigmoidoscopy	Every 5 or 10 years with a FIT test every year
<input type="radio"/> Home test kit (FOBT/FIT)	Yearly
Cancer screenings	
<input type="radio"/> Mammogram (women)	Every 2 years
<input type="radio"/> Pap test and pelvic exam (women)	Ask your doctor
<input type="radio"/> Prostate exam (men)	Ask your doctor

*This material is provided for informational use only and should not be construed as medical advice or used in place of consulting a licensed medical professional. You should consult with your doctor to determine what is right for you.

¹Office of the Associate Director for Policy - Prevention. (2015, December 23). Retrieved November 16, 2017, from <https://www.cdc.gov/prevention/index.html>

²Band together to protect against the flu! (n.d.). Retrieved November 16, 2017, from <https://www.humana.com/learning-center/health-and-wellbeing/healthy-living/flu/vaccine/>

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U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019**, **800-537-7697 (TDD)**.

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Multi-Language Interpreter Services

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235 (TTY: 711)**.... ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235 (TTY: 711)**.... 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 **1-877-320-1235 (TTY: 711)**。... CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-877-320-1235 (TTY: 711)**.... 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-877-320-1235 (TTY: 711)**번으로 전화해 주십시오.... PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-877-320-1235 (TTY: 711)**.... Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-877-320-1235 (телетайп: 711)**.... ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-877-320-1235 (TTY: 711)**.... ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-877-320-1235 (ATS: 711)**.... UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-877-320-1235 (TTY: 711)**.... ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-877-320-1235 (TTY: 711)**.... ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-877-320-1235 (TTY: 711)**... ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-877-320-1235 (TTY: 711)**.... 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。 **1-877-320-1235 (TTY: 711)**まで、お電話にてご連絡ください。...

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با **1-877-320-1235 (TTY: 711)** تماس بگیرید.

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíílnih **1-877-320-1235 (TTY: 711)**....

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-877-320-1235 (رقم هاتف الصم والبكم: 711)**.

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