

Screenings you'll need

The Centers for Disease Control and Prevention recommends these common screenings for people of average risk.*

Take this checklist to your appointment and ask your doctor which screenings you need and when you should have them. Your Humana health plan may cover these at no additional cost to you.

Screening type	How often?
Physical exam and health guidance	
<input type="radio"/> Weight, height, blood pressure and level of exercise or physical activity, risk of falling, body mass index (BMI)	Once a year
<input type="radio"/> Cholesterol check	Every 5 years
<input type="radio"/> Bone density (women)	Ask your doctor
Vaccines¹	
<input type="radio"/> Influenza (flu) virus	Yearly
<input type="radio"/> Pneumococcal (pneumonia)	One time (may need booster)
<input type="radio"/> Shingles	Ask your doctor
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 (kidney disease)	Ask your doctor
Cancer screenings	
<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
<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

¹ “Who Needs a Flu Vaccine and When,” Centers for Disease Control and Prevention, last accessed Nov. 12, 2019, <https://www.cdc.gov.flu/prevent/vaccinations.htm>”

*This material is 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.

^{**} Fecal occult blood test/Fecal immunochemical test

Be sure to talk to your doctor about these health concerns

If you've got bladder leakage, holding it is harder or you're always going

Bladder-control issues may be a sign of something more serious. Your doctor can help you find the best treatment options available to you, which may include:

- Bladder control exercises
- Medication
- Surgery

You want to verify that two or more medicines are OK to take together

Remember to take a list of your medicines, vitamins, supplements (including over-the-counter medications) to every appointment. Your doctor can help you avoid dangerous drug interactions and you may be able to save money by switching to lower-cost generic alternatives.

Feeling dizzy or unsteady, unsure of your balance, at risk of falling

Here are some things that might help lower your risk of falling:

- Regular exercise, including an exercise or physical therapy program
- Using a cane or walker
- Hearing and vision tests and keeping blood pressure under control

Protect yourself and your loved ones from the flu

Getting a flu shot each year is the first and most important step.

- It could mean fewer doctor visits
- It could help reduce flu-related complications—such as pneumonia
- It may help keep you out of the hospital

While flu season often peaks in January, try to get your shot early, before flu spreads in your community. That way, you may have a better chance of staying healthy and protecting yourself and those around you. Don't think you need a shot? Get one anyway to protect the people you love.

You may be able to get your flu shot at a doctor's office, retail clinic, urgent care center or pharmacy in your Humana network. Your Humana health plan covers one flu shot per season.

Some people may be at a high risk of developing pneumonia if they contract the flu. Ask your doctor if you should get a pneumonia vaccine, too.

Who does the lab work, and does your plan cover it?

Ask your doctor if there is a lab in your plan's network available.

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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، تسهیالت 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 hólq, koji' hódíłnih **1-877-320-1235 (TTY: 711)**...

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