Healthy Rewards
Important reminders about your Annual Wellness Visit

➢ When scheduling your Annual Visit, please let your physician know that it should include the following:
  o Full Lipid Panel.
  o Hgb A1c - may be recommended based on your Diabetes Risk Score
  o Blood Pressure check
  o Body Mass Index (BMI) – If your physician does not calculate the BMI, don’t worry, there is a tool on myuhc.com.
    ▪ Simply log onto to myuhc.com
    ▪ Click on Health & Wellness (upper right corner)
    ▪ Click on BMI Calculator (half way down the left side)
    ▪ Enter your height and weight and click calculate

Age Appropriate Preventive Care

➢ Mammography – Adult women of standard risk every one to two years beginning at age 40 or as directed by your physician

➢ Cervical Cancer Screening – Every 2 years beginning at age 21

➢ Colorectal Screening – Routine screening beginning at age 50

➢ Prostate Cancer Screening – Men 40 and older consult with your physician regarding screening benefits
➢ Bone Density
➢ Flu Shot

Because We Care!!!