

## 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:
  - Full Lipid Panel.
  - Hgb A1c - **may be recommended** based on your Diabetes Risk Score
  - Blood Pressure check
  - 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!!!**