

# Preventive screening guidelines

**Use this list as your guide to good health. Track and record the dates when you have your screenings.**

Always work with your doctor to decide what's best for you.

Your doctor's name: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Men and Women

Date of your screening	Screening or exam	Ages 50 – 64	Ages 65+	Additional information
Date:	<b>Physical exam and health guidance</b> Includes: • Weight • Height • Body mass index (BMI)	Annually	Annually	Talk to your doctor about ways to increase physical activity and reduce your risk of falls
Date:	<b>Cholesterol/lipid screening</b>	Every 5 years; more often if you are at risk or have above-normal levels	Every 5 years; more often if you are at risk or have above-normal levels	9- to 12-hour fast is required; if you have cardiovascular problems, you may need annual tests
Date:	<b>Diabetes screening and tests</b>	Every 3 years; more often if you are at risk or have above-normal levels	Every 3 years; more often if you are at risk or have above-normal levels	If you have diabetes, the following tests are recommended at least annually: A1C, LDL cholesterol, kidney test and eye exam
Date:	<b>Blood pressure</b>	Every 1 – 2 years if normal; more often if you have high blood pressure or diabetes	Every 1 – 2 years if normal; more often if you have high blood pressure or diabetes	Normal is considered less than 120/80
Date:	<b>Colorectal cancer screening:</b> • Fecal Immunochemical Test (FIT) – Annually • Flexible Sigmoidoscopy – Every 5 Years • Colonoscopy – Every 10 Years • CT Colonography – Every 5 years • FIT-DNA – Every 3 years	Depends on screening test	Depends on screening test	Talk to your doctor about your risks and which colorectal cancer screening test and schedule are best for you

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## Men and Women

Date of your screening	Screening or exam	Ages 50 – 64	Ages 65+	Additional information
Date:	<b>Bone density test for osteoporosis screening</b>	Periodically as directed by your doctor (depending on your risk)	Begin at age 65 and older and periodically as directed by your doctor	Used to detect osteoporosis; may need screening more often after bone fracture and if at high risk for osteoporosis
Date:	<b>Comprehensive eye exam</b>	Every 2 – 4 years	Every 1 – 2 years	Test your vision and screen for glaucoma and macular degeneration — two common, often age-related conditions; if diabetic, test for diabetic retinopathy annually
Date:	<b>Influenza virus (flu) vaccine</b>	Annually	Annually	Annually in the fall or winter
Date:	<b>Pneumococcal vaccine (pneumonia)</b>	Usually once in a lifetime	Usually once in a lifetime	A booster shot may be recommended after 5 years
Date:	<b>Smoking and tobacco use cessation counseling</b>	Talk with your doctor about smoking and tobacco cessation medications and strategies	Talk with your doctor about smoking and tobacco cessation medications and strategies	QuitNet Comprehensive Program®. For information, call the toll-free Customer Care number on the back of your Humana member ID card.

## Women

Date:	<b>Pap test and pelvic exam</b>	At least every 3 years; more often as directed by your doctor	At least every 3 years; more often as directed by your doctor	Talk to your doctor about your risks and which Pap testing schedule is best for you, especially if you've had a hysterectomy or are 65 years or older; also discuss any problems you may have with bladder leakage
Date:	<b>Mammogram</b>	Annually	Annually	Talk to your doctor about clinical breast exams

## Men

Date:	<b>Prostate exam:</b> <ul style="list-style-type: none"> <li>Digital rectal exam</li> <li>Prostate specific antigen test (PSA)</li> </ul>	Periodically, as directed by your doctor	Periodically, as directed by your doctor	Talk to your doctor about your risks and which test and schedule is best for you
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### Sources:

U.S. Preventative Task Force: [www.uspreventiveservicestaskforce.org/](http://www.uspreventiveservicestaskforce.org/)

American Heart Association: [www.heart.org/HEARTORG/Conditions/Heart-Health-Screenings\\_UCM\\_428687\\_Article.jsp#.Vr4KbE1IiM8](http://www.heart.org/HEARTORG/Conditions/Heart-Health-Screenings_UCM_428687_Article.jsp#.Vr4KbE1IiM8)

American Academy of Ophthalmology: [www.aao.org/eye-health/tips-prevention/screening](http://www.aao.org/eye-health/tips-prevention/screening)

American Cancer Society: [www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer](http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer)

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