

Health Screening Schedule

Because improving and maintaining your health are important, the schedule below is a recommended timeline for routine health screenings. It does not replace the care of your provider or guarantee insurance coverage. Your provider may order other screening tests based on your unique risks.

| Preventive Service | Age | Frequency |
|---|-------------------------|--|
| Bone mineral density screening (DEXA scan) | Women 65-85 | Every 2 years |
| Cervical cancer screening (Pap test) | 21-75 | Every 3 years* |
| Colorectal cancer screening | 50-75 | Colonoscopy every 10 years, sigmoidoscopy every 5 years, Cologuard every 3 years or fecal immunochemical test (FIT) annually |
| Dental checkup | All | Twice a year |
| Depression screening | 18+ | Regularly if at risk |
| Flu vaccination | 6 months+ | Every year |
| Breast cancer screening (mammogram) | 40-49 | Provider recommendation |
| | 50+ | Every 2 years |
| Physical examination (weight, height, BMI, blood pressure, etc.) | All | Every year |
| Pneumonia vaccination | 65+ | Provider recommendation |
| Preventive screening labs (fasting glucose, cholesterol, etc.) | 18+ | Every year |
| Shingles vaccination | 50+ | Once in a lifetime |
| Skin cancer screening | Provider recommendation | Provider recommendation |
| Tetanus vaccination | 18+ | Every 10 years |
| Vision exam | 20+ | Every 1-2 years |
| | High risk of glaucoma | Every year |
| | Diabetic patients | Every year |

Please consult your provider for medical guidance and contact your health plan for information about benefits.

Name: (First Name, Last Name)

Address: (City) (State) (Zip)

Primary Provider

Primary Provider's Phone Number

Health Problems

Allergies

*Depending on HPV co-testing

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Wellness Tracker

| Health Action | Appointment Date and Time |
|---|---------------------------|
| <p>Colorectal Cancer Screening</p> <p>There are several different tests to screen for colorectal cancer. Ask your healthcare provider which test is best for you.</p> | |
| <p>Breast Cancer Screening (Mammogram)</p> <p>A mammogram can detect breast cancer early and save lives. Schedule yours today.</p> | |
| <p>Diabetic Eye Exam</p> <p>Complete an annual diabetic eye exam to monitor vision and prevent complications, including blindness. Call your ophthalmologist or optometrist for a diabetic eye exam.</p> | |
| <p>Diabetic A1C Blood Test</p> <p>Get your A1C blood test at least once per year. This helps monitor your sugar levels to assist your provider to properly treat your condition.</p> | |
| <p>Diabetic Urine Test</p> <p>Have a urine test every year to monitor your kidney health.</p> | |
| <p>Cervical Cancer Screening (Pap test)</p> <p>Cervical cancer can be detected in its early stages. Talk with your provider about this screening, as it is recommended every three to five years.</p> | |
| <p>Annual Flu Vaccine</p> <p>Your annual vaccine is available just before flu season at most retail pharmacies or at your provider's office.</p> | |

Now you can earn points and redeem gift cards for your healthy actions through our new member incentive program. To see what preventive screenings can earn you points, log in to myAHplan.com/welcome and click on CaféWell.® If you have any questions, call Customer Service at 1-855-742-1945*.

*Available weekdays from 8am to 6pm TTY/TDD relay 1-800-955-8771.

Use this section to keep track of your current medications and to share them with your healthcare providers.

| Name of Medication | Purpose or Reason Taken | Dose | Time(s) of Day | Special Instructions |
|------------------------------|-------------------------|------------------------|----------------|----------------------|
| Example: Vasotec 5 mg | High blood pressure | One tablet twice a day | 7 am 7 pm | Take with food |
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