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**Springtime’s the right time to schedule your annual screenings.**

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**Are there gaps in your care? Close them with yearly appointments.**

Screenings close the gaps in your care.

If you’re someone who only sees your doctor when there’s something wrong, chances are it’s been too long since you’ve seen your doctor. And that means some potentially dangerous gaps exist in your healthcare.

A good way to close those gaps is by scheduling an annual wellness visit with your primary care provider and setting up your annual screenings and exams at the same time. Spring is a perfect time to hit “refresh” on your well-being and have those annual screenings and exams so that you can stay healthy all year long. And it makes sense to schedule early, since appointments often become harder to get as the year goes on.

Here’s a few things to consider and include in your appointment:

**Annual Wellness Visit (Not Applicable to All Health Plans)**

If your plan includes an annual wellness visit, make sure to set this up. This yearly appointment with your primary care provider (or another member of their team) allows you to make a personalized wellness and prevention plan.

**Breast Cancer Screenings**

According to guidelines from the experts at the CDC:

* **Women ages 40 to 74** should talk to their doctor about when to start getting mammograms – and how often to get them.
* **Women ages 50 to 74 at average risk** should get a mammogram every two years.
* Women of all ages should give themselves a breast self-exam once a month. Visit [NationalBreastCancer.org/Breast-Self-Exam](http://nationalbreastcancer.org/Breast-Self-Exam) for more information.

**Cervical Cancer Screenings**

Here are the CDC recommendations:

* **All women ages 21 to 64** should be screened for cervical cancer.
* **Pap tests and HPV tests** are the best screening tools.
* Begin screening with **Pap tests at age 21**. If your results are normal, get tested every three years.
* **At age 30**, talk to your doctor about which screening tool (Pap test, HPV test or both) is your best option.

**Colorectal Cancer Screenings**

According to the CDC:

* **Adults ages 45 to 75** should get regular colorectal cancer screenings.
* **Several different types of screenings are available**: colonoscopy, sigmoidoscopy, CT colonography and at-home stool tests. **Ask your doctor which type is best for you and how often you need to get it.**

**Diabetic Retinal Eye Exams**

* **Adults ages 18 to 75 with diabetes** should get a retinal eye exam every year. This will help your doctor find and treat eye problems early, before they get more serious.
* If your results look good, your doctor may say it’s OK to wait two years for your next exam.
* Your exam may be covered by your health plan as long as your eye doctor codes the exam visit with a medical diagnosis.

**Kidney Health Evaluations**

* Every year, **adults ages 18 to 85 with diabetes** should get a kidney health evaluation that includes **both** an estimated glomerular filtration rate (eGFR) test **and** a urine albumin-creatinine ratio (uACR) test. Diabetes can cause kidney damage, and these tests check how well your kidneys are working.

**Osteoporosis Screenings**

The American Academy of Orthopaedic Surgeons recommends:

* **Getting a DEXA scan** if you’re at risk of osteoporosis. Postmenopausal women ages 45 to 65 are most at risk, but both women and men can get osteoporosis, and at any age. Talk to your doctor about your risk.

*For information on coverage and costs (if applicable) for specific screenings, tests, scans, exams and healthcare appointments, please see your health plan materials or call the number on your ID card.*

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