

Power of Prevention.

Preventive Care Campaign

Discover the importance of various preventive care exams by scrolling through each page of this campaign.



What's considered preventive?
Check out Healthcare.gov for more information.



*Please reference your health plan details for more information on what preventive services are covered under your plan.



Power of Prevention: Annual Physical Exam

Preventive care is a crucial part of staying healthy. Making an appointment with your doctor can make you aware of any health problems early on so you can take action before they could become a chronic condition. An annual physical typically consists of checks for:

- Health History
- Weight/Height
- Body Mass Index (BMI)
- Blood Pressure
- Cholesterol
- And more

Patients who have regular visits with their primary care physician tend to have fewer hospital visits, fewer complications, and fewer long-term problems.

✓ **Click [here](#) to schedule your free virtual annual physical exam today!**

Physical Examination: What Tests to Expect (healthline.com)
<https://www.publichealth.org/public-awareness/preventive-care-schedule/>

Centers for Disease Control and Prevention. <https://www.cdc.gov/chronicdisease/about/index.htm>

LiveHealth
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Your health plan provides preventive care services at no cost, without charging co-pays or deductible payments as long as you visit an in-network provider.



DID YOU KNOW?

More than 5 out of 10 people in the U.S. have been diagnosed with a chronic disease, such as heart disease, cancer, diabetes, and more.



Power of Prevention: Dental Exam

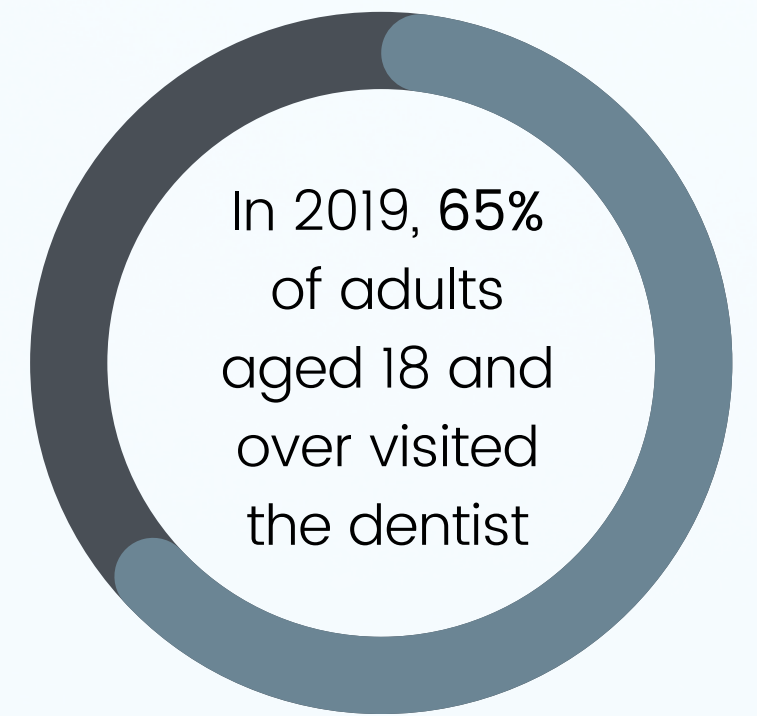
Not only do dental exams keep your smile bright, they also keep your health in check! Routine check-ups with your dentist helps keep your teeth and gums clean and provides insight into your overall health.

During a routine dental exam, your dentist will look for signs of tooth decay and cavities as well as clean any plaque, bacteria, and tartar. You may also undergo x-rays so your dentist can see detailed images of your teeth that are not immediately visible.

Dentists will also monitor for oral infections, such as the ones below, to make sure other vital organs are not being affected.

- **Oral Cancer:** Cancers of the mouth and throat and diagnosed by dentists during routine check ups. The survival rate for oral cancer is good, especially if detected during early stages.
- **Gum Disease:** Deep spaces between your gums and teeth may point to periodontal disease, which can lead to tooth loss.
- **Other Medical Conditions:** Bad breath can also be a sign for yeast infection of the mouth, lung problems, or diabetes.

→ **When was your last dental exam?**
✓ **Click [here](#) to find and in network Dentist and schedule your routine dental exam today!**



Dental Tips & Tricks

- Brush your teeth twice a day with fluoride toothpaste
- Floss daily
- Use a mouthwash that contains fluoride
- Maintain a healthy, balanced diet and limit snacks
- Avoid smoking and other forms of tobacco use
- Continue getting regular dental exams and cleanings



Power of Prevention: Vision Exam

11 million Americans over age 12 need vision correction- but that is just one of many reasons to get your eyes examined!

A yearly eye exam can help you monitor your vision needs and identify any eye health issues along with other medical conditions, such as diabetes or high blood pressure. At your annual vision exam, you can expect the following:

- **Preliminary Tests:** Tests peripheral vision, depth perception, color vision, etc.
- **Visual Acuity:** Assesses how clearly each eye sees
- **Optical Prescription:** Evaluation of current prescription
- **Eye Pressure Test:** Usually done with a puff of air, tests for eye conditions
- **Digital Retinal Image:** Records retinal health
- **And more**

Annual eye exams can help identify and allow for early treatment for common eye conditions, such as:

- Cataracts
- Diabetic Retinopathy
- Glaucoma
- Age-Related Macular Degeneration



Other reasons to see your eye doctor may include:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters
- Circles (halos) around lights
- Flashes of light



✓ **Don't delay, get your vision checked today! [Click here to find a provider near you.](#)**

Power of Prevention: Age-Specific Exams

Health screenings are essential for people of all ages! There are age-specific exams that may not be needed every year but are important to help you stay on top of your health. These exams can help detect illnesses like cancer and chronic conditions.

- **18 - 39 years old:** Annual health screenings at this age are sometimes missed but it is important to make your wellness visit on an annual basis and below are some things that may be included.
- **40 - 64 years old:** Along with your annual physical, individuals in this age-range may also receive other recommended tests based on their health history. Optional health screenings, tests, and vaccines are below.
- **65+ years old:** Many tests that were optional in the previous age-brackets may become recommended or required in order to maintain overall health at this age.
- Click [here](#) for Anthem's Age Specific Preventive Care Guidelines

→ What age-bracket do you fall into?



18-39 years old

- Annual health screening
 - Weight, height, blood pressure, BMI
- Historical illness screenings
- Cervical cancer screening (female, age 21)
- Skin screening
- Depression screening
- Immunizations

40-64 years old

- Shingles vaccine (age 50)
- Diabetes screening
- Colorectal screening (age 45)
- Colonoscopy (age 45)
- Lung cancer screening
- Mammogram (female, age 40)
- Prostate exam (male, age 50)

Starting at age 65

- Bone density exam
- Pneumococcal and shingles vaccinations
- Pneumonia vaccine
- Osteoporosis screening
- Lung cancer screening

✓ **Schedule a comprehensive health screening with your trusted practitioner!**

Power of Prevention: Gender-Specific Exams

Similar to age-specific exams, there are also exams recommended based on your gender. Please see common examples and descriptions below:

FEMALES

- **Mammogram:** A mammogram is an x-ray picture that looks for early signs of breast cancer, such as a tumor or lump. Regular mammograms are the best way for doctors to find breast cancer early.
- **Pelvic Exam:** A pelvic exam assesses your gynecological health to find possible signs of ovarian cysts, sexually transmitted infections, uterine fibroids, or early-stage cancer.
- **Cervical Cancer Screening:** Also known as a pap smear, the test looks for cell changes on the cervix that might become cervical cancer if not treated appropriately.

MALES

- **Testicular Exam:** Often done by oneself, this physical exam can be done to check the presence of lumps on the testes for early detection of testicular cancer.
- **Prostate Exam:** A prostate exam is a rectal procedure used to detect signs or symptoms of prostate cancer.

BOTH

- **Colonoscopy:** A colonoscopy is a useful and effective way of allowing a doctor to view the colon and rectum for abnormalities. This procedure is used to screen for colon and rectal cancer.
- **Osteoporosis Screening:** Often referred to as a bone density test, this screening measures bone density and checks if it is lower than normal and assesses risk for any bone fractures.

✓ **Click [here](#) for Anthem's Age Specific Preventive Care Guidelines**

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