



# Take time for your well-being

## Preventive care is important

Annual checkups can help find small things before they become big things. It may be time for your checkup, so schedule a preventive care visit with your doctor today.

### Preventive screenings for men and women

	Years of age											
	18	25	30	35	40	45	50	55	60	65	70	75+
Annual physical	Every year											
Blood pressure screening	At each annual physical											
Breast cancer screening (mammogram)	Women: Every 1 to 2 years starting at age 40 or as recommended by your doctor											
Cervical cancer screening, including Pap smear	Women: Every 3 years for ages 21-65											
Cholesterol screening	Every year											
Colorectal screening	Ask your doctor about screening methods and intervals											
Diabetes screening	Every year											

These guidelines are provided for informational purposes only and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card.



### Help protect yourself and others

According to the CDC, it's likely that flu viruses and the virus that caused COVID-19 may both be spreading this season. That's why getting a flu vaccine will be more important than ever.<sup>1</sup> Talk to your doctor about getting your flu shot as well as your COVID-19 vaccine, if you haven't already.



### Need a doctor?

Three ways to find a doctor in your network:

- Download the **UnitedHealthcare® app** and tap *Find Medical Care*
- Log in to **myuhc.com®** and use the *Find a Doctor* tool
- Call **1-844-333-8728** to speak with Customer Service

**Your health plan covers annual checkups and routine screenings 100%. Go ahead and call your provider today.**

## Questions?

For answers to health and benefit-related questions, call **1-844-333-8728**

# United Healthcare

<sup>1</sup> The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older (with very few exceptions) get a flu vaccine and do so by the end of October. Getting vaccinated later, however, can still be beneficial. For more information, visit [cdc.gov/flu/season/faq-flu-season-2020-2021.htm](https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm).

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

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