

Your Guide to Preventive Care



No matter your age or stage of life, prevention is the best medicine. Health screenings are critical for detecting and preventing diseases. That's why **in-network preventive care is always free with your HICV health plan!** These free services include:

- Annual checkups
- Dental cleanings
- Well-baby and child exams
- Well-woman exams
- Routine immunization
- Routine pregnancy screenings
- Colonoscopies
- Mammograms
- Many more

Use the charts below as a guide to the preventive exams your and your primary care doctor should schedule based on your age and gender.

If you don't have a primary care doctor, visit [my.Cigna.com](https://my.cigna.com) and use the **Provider Directory** or call the toll-free number on the back of your Cigna ID card to find an in-network doctor near you.

Remember: Your family health history may impact your risk factors, so it's important to collect and share your family history with your doctor.

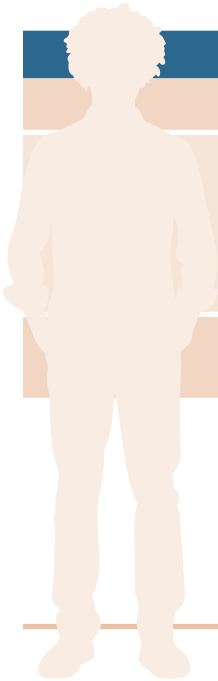
RECOMMENDED PREVENTIVE SCREENINGS FOR WOMEN



Women Age 18-39	Women Age 40-49	Women Age 50+
Annual physical with primary care physician		
Cervical cancer screening Once every 3 years		
Breast cancer screening If you have a family history, start 5–10 years before the youngest case of breast cancer in the family was diagnosed	Breast cancer screening Every 1–2 years	
Colon cancer screening If you have a family history, start 10 years earlier than the earliest case of colon cancer in the family	Colon cancer screening Every 1–10 years, depending on test type and results, beginning at age 45	
		Lung cancer screening Recommended every year if current or former smoker

Your Guide to Preventive Care (cont.)

RECOMMENDED PREVENTIVE SCREENINGS FOR MEN



Men Age 18-45	Men Age 46-60	Men Age 60+
Annual physical with primary care physician		
Colon cancer screening Beginning at age 45; if you have a family history, start 10 years earlier than the earliest case of colon cancer in the family	Colon cancer screening Every 1–10 years, depending on test type and results, until age 75	
Testicular cancer self-exam Once monthly		
	Prostate cancer screening Individual decision—discuss with your doctor	
	Check for erectile dysfunction Once monthly	
		Check for urinary symptoms