

# 50 Ways Stay Healthy

## A Guide to Preventive Care



ConnectiCare<sup>®</sup>

# Keeping Yourself Healthy

Your health is our priority. To stay healthy, take advantage of routine screenings, vaccinations, and your annual physical, which you can get at no cost with your plan.\* For a complete list of recommended vaccinations, visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

Screenings	ADULT MALE	ADULT FEMALE	CHILDREN/TEENS
Hearing			• Newborns to age 21
Hypothyroidism			• Newborns
Phenylketonuria (PKU)			• Newborns
Sickle cell disease			• Newborns
Vision			•
Early Cancer Detection			
Mammogram – <b>Recommended frequency</b> ▶ Every year		• Starting at age 40	
Cervical cancer (Pap test) – <b>Recommended</b> ▶ Age 21-65, every 3 yrs; age 30-65, every 5 yrs if combined with human papillomavirus (HPV) testing		•	
Colon cancer – <b>Recommended frequency</b> ▶ Every 10 yrs or less depending on age and risk factors	• Starting at age 45	• Starting at age 45	
Lung cancer – <b>Recommended</b> ▶ annually for current smokers or adults who've quit in the last 15 yrs.	• Ages 50-80	• Ages 50-80	
Ovarian cancer – <b>Recommended</b> ▶ Annually for women at increased risk; screening may include CA-125 serum tumor marker testing, transvaginal ultrasound, or pelvic exam		•	
Other Screenings if Needed			
Abdominal aortic aneurysm – Current or past smoker – <b>Recommended frequency</b> ▶ Once	• Ages 65-75		
Alcohol misuse	•	•	•
Autism, psychosocial & developmental issues – <b>Recommended frequency</b> ▶ Autism at 18-24 months, others at annual checkup	• Ages 18-21	• Ages 18-21	•
Blood (hematocrit and hemoglobin) – <b>Recommended frequency</b> ▶ Once			•
Blood pressure – <b>Recommended frequency</b> ▶ At doctor's discretion	•	•	
Depression – <b>Recommended frequency</b> ▶ At doctor's discretion	•	•	• Starting at age 12
Diabetes – <b>Recommended frequency</b> ▶ Can begin as early as childhood for those with obesity, hypertension, symptoms of diabetes, or family history of the disease	•	•	•
Hepatitis B – <b>Recommended frequency</b> ▶ At doctor's discretion for those at risk	•	•	•
Hepatitis C – <b>Recommended frequency</b> ▶ Once for adults born between 1945-65; at doctor's discretion for others at risk	•	•	
Lead – <b>Recommended frequency</b> ▶ Annually			• Birth-age 6
Obesity – <b>Recommended frequency</b> ▶ During annual checkup	•	•	•
Osteoporosis – <b>Recommended frequency</b> ▶ Every 24 months for those at risk		• Ages 60+	
Pregnancy-related (including bacteriuria, diabetes, iron deficiency, and Rh(D) typing)		•	•
Sexually transmitted disease – <b>Recommended frequency</b> ▶ Sexually active individuals age 24 or younger, pregnant women, and older individuals at risk	•	•	•
Tobacco use – <b>Recommended frequency</b> ▶ At doctor's discretion	•	•	•
Tuberculosis – <b>Recommended frequency</b> ▶ At doctor's discretion	•	•	•

<b>Vaccinations</b> For complete vaccination schedules, visit the Centers for Disease Control and Prevention at <a href="https://www.cdc.gov/vaccines">cdc.gov/vaccines</a> .	<b>ADULT MALE</b>	<b>ADULT FEMALE</b>	<b>CHILDREN/ TEENS</b>
Chickenpox (Varicella)	•	•	•
COVID-19	•	•	•
Diphtheria, tetanus, whooping cough (pertussis)			•
Flu	•	•	•
Hepatitis A & B	•	•	•
Hib (H. influenza type B)			•
HPV (human papillomavirus)	•	•	•
Measles, mumps and rubella	• Ages 19-55	• Ages 19-55	•
Meningitis (meningococcal)	•	•	•
Pneumonia	•	•	•
Polio			•
Rotavirus			•
Shingles (herpes zoster)	• Ages 50+	• Ages 50+	
Tetanus	•	•	
<b>Counseling and Support</b>			
Genetic screening for breast and ovarian cancer		•	
Breastfeeding (including supplies)		•	•
Birth control methods, sterilization procedures, and education		•	•
Obesity			•
Sexually transmitted diseases (stds)	•	•	•
Help to quit smoking	•	•	•
<b>Drugs When Prescribed by Your Doctor</b>			
Low-dose aspirin to prevent heart disease for adults at risk who are not at increased risk for bleeding.	• Ages 50-59	• Ages 50-59	
Aspirin to prevent preeclampsia (a serious pregnancy complication)		•	
Birth control**		•	•
Folic acid supplements		• Ages 18-45	
Medicines to prepare for colon cancer screening	• Ages 50-75	• Ages 50-75	
Generic vitamin d for muscle strength	• Ages 65+	• Ages 65+	
Iron supplements			• Birth-age 1
Oral fluoride supplements			• Birth-age 5
Tamoxifen and raloxifene to prevent breast cancer		• Ages 35+	
<b>Other Services</b>			
Fluoride application (cavity prevention)			• Birth-age 5
Physical therapy (fall prevention)	• Ages 65+	• Ages 65+	



**Schedule your annual checkup today and talk** to your doctor about what care is right for you and when.

## Questions? Get in touch!

By phone: **800-251-7722** (TTY: **711**)

Mon. – Fri., 8 a.m. – 6 p.m.

In person: At a ConnectiCare center.

For locations and hours, go to **visitconnecticare.com**

Online: **connecticare.com**

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\*Preventive care means you will not have a cost-share. Sometimes, a preventive care visit leads to other medical care or tests, even at the same appointment. You should check with your doctor during your visit to see if there are services requiring a cost-share.

\*\*Please refer to your health plan's drug list, or formulary, for more information on what contraceptives are covered as preventive.

Your membership agreement has a list of covered preventive services, including age and gender requirements and frequency limitation rules.

In order to qualify, all services are subject to physician specialty, procedure code and diagnostic code requirements, frequency limitation rules, and appropriate age and gender requirements, as described by the U.S. Preventive Services Task Force A and B and HRSA guidelines. These guidelines may change from time to time. This list of preventive care services may not apply to "grandfathered" health plans – any group or individual health plan that was in effect on March 23, 2010, the date of the Affordable Care Act. Contact your health benefits administrator or ConnectiCare Member Services (**800-251-7722**) with any questions.

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