

June is Annual Physicals & Preventive Services Awareness Month



Why is Preventive Care Important?

The purpose of preventive care is to prevent illnesses and disease or to detect illness at an early stage when treatment is likely to work best.

According to the Centers for Disease Control (CDC), chronic diseases, such as heart disease, cancer and diabetes, are responsible for 7 of every 10 deaths among Americans each year.

These chronic diseases can be largely preventable through a close partnership with your healthcare team, or can be detected through appropriate screenings, when treatment works best.

Under the County's health plans, a preventive services well-check is covered every year, at no cost to you! This is true even on the high deductible plan!



Ways to Stay Healthy

- Eat healthy
- Exercise regularly
- Avoid tobacco
- Get your preventive services



Preventive Services

Preventive care includes screenings, well-checks and patient counseling that is used to prevent and detect illnesses, disease and other health problems.

Some examples of preventive services that are covered under the County plans are:

- Screening colonoscopies for members 50 and older
- Screening mammograms for women age 40 and older
- Annual physicals
- Well-child exams
- Well-woman exams
- Vaccinations (vary by age)

Screenings for Chronic Conditions

If you have a chronic condition, such as high blood pressure (hypertension), high cholesterol (hyperlipidemia) or diabetes, it's important that you see your doctor at least once a year and get the following screenings to monitor your condition.

High Blood Pressure

- Microalbumin test to check for kidney damage
- Serum creatinine test can indicate how well your kidneys filter

High Cholesterol

- Cholesterol test to measure the amount of cholesterol and triglycerides in your blood

Diabetes

- HbA1c test will show how well you are controlling your blood sugar levels over a 3-month period
- Cholesterol test to measure the amount of cholesterol and triglycerides in your blood
- Diabetic nephropathy to check for kidney damage
- Serum creatinine test can indicate how well your kidneys filter
- Diabetic retinopathy to check for blood vessel damage in the eyes
- Hepatitis B vaccination because you're twice as likely to be infected
- Flu vaccine because you're at higher risk of developing serious complications

If you need assistance locating a network provider, please call the member number on your ID Card. For a list of recommended preventive services, please see the [UMR brochure on the Health Benefits web page.](#)