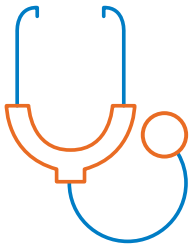
Adult health checklist
Make preventive care a priority



Take control of your health today for a healthier tomorrow. Use this checklist to keep screenings and visits top of mind. Preventive care services are covered at no cost when you use in-network providers.

Check with your provider about the care best for you and most important for your health. If you need help finding a supportive and affirming provider please call **1-877-222-1240** (TTY 711), Monday-Friday from 8 a.m. to 5 p.m.

✓	WHAT	WHO/WHEN	WHY
	General preventive care		
☐	**Annual routine checkup wellness visit**	Once a year	This visit with your primary care provider is a great opportunity to discuss exercise, diet, sleep, medications, mood and any screenings you may be due for.
☐	**Annual obstetrician-gynecologist (OB/GYN) visit**	Once a year*	This visit with your OB/GYN focuses on reproductive health, contraception, family planning and fertility care, including menstruation, breast/breast mastectomy, cervix, pelvis, uterus and pelvic floor health.
☐	**Blood pressure screening**	Ages 18-39, every 3-5 years, and once a year after age 40	Getting your blood pressure checked can give your doctor important information about your risk for stroke and heart attack.
☐	**Bone health – osteoporosis screening**	Age 65+ or post-menopause	Age, family history, menopause and other factors may put you at risk. Help keep your bones strong with exercise and a diet rich in calcium and vitamin D.
☐	**Cholesterol screening**	Every 4-6 years	Too much cholesterol makes it harder for blood to flow through your body. Lower your risk with healthy eating and exercise.
☐	**Depression screening**	Everyone, including pregnant or postpartum people and older adults	Talk to your health care provider if you have persistent low mood, feelings of sadness, problems sleeping, or loss of interest in normally enjoyable activities over a two week period.
☐	**Diabetes (Type 2) screening**	Age 35-70, once a year if risk factors	There are lots of ways to prevent and manage diabetes if you are aware of your risk.
☐	**HIV screening**	At least once in a lifetime; more often if at high risk	The only way to know you do not have HIV is to get tested. HIV screening is important at any age if you are at risk.
☐	**Sexually Transmitted Infection (STI) screening**	If sexually active, including pregnant people	Sexually Transmitted Infections may not have symptoms and are shared through sexual contact. STIs including chlamydia, gonorrhea, herpes, or HIV can be tested in a doctor's office or clinic using a sample of urine, blood, tissue, or saliva and then sent to a lab. Home testing options are available.
☐	**Tobacco, alcohol and substance use screening**	Once a year	A yearly screening helps your doctor understand your use of tobacco, alcohol, or other substances. If there are any concerns, you can get support early to stay healthier and avoid future health complications.

* (If a woman is sexually active past the age of 65, she should still have a pelvic exam at least once every three years)

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	WHAT	WHO/WHEN	WHY
	Cancer screenings Cancer screenings may result in earlier detection, make it easier to treat, and possibly cure. Your cancer screening needs may vary if you have had breast, chest or genital surgery, hormone therapy, or due to other personal health risk factors. Your health care provider can confirm screenings best for you based on your health and health history.		
☐	**Breast health – mammogram (diagnostic x-ray)**	Mammograms are recommended starting at age 40 and every 1-2 years until age 75.	Mammography screening uses an x-ray of the breast tissue that can detect breast tissue changes that may be cancer.
☐	**Cervical cancer screening**	Ages 21-65, every 3-5 years	The cervix is the lower part of the uterus (womb). Regular Pap and HPV testing can help find abnormalities before they turn into cancer.
☐	**Colorectal cancer screening**	Ages 45-75 (earlier if at higher risk), every 5-10 years (or more frequent based on health risk)	Special tests can detect colorectal cancer early, which makes it easier to treat.
☐	**Lung cancer screening**	Ages 50-80 who are heavy smokers (20 year history), currently smoke, or have quit in the past 15 years	People who smoke, especially heavy smokers, are at a high risk for lung cancer.
☐	**Prostate screening**	Ages 55-69	The prostate is a part of the reproductive system, which includes the penis, prostate, and testicles. With age the prostate can increase in size and decrease urine flow. Talk with your doctor to decide if screening is right for you.
	Vaccines		
☐	**Vaccines**	As directed by your health care provider or based on your personal health risk	Vaccines save lives, even for otherwise healthy people. Most vaccines are no cost, including those that prevent COVID-19, flu, pneumonia, tetanus, and human papillomavirus vaccine (HPV). A shingles vaccine (Shingrix) is recommended for people age 50+.

Screening recommendations are based U.S. Preventive Services Task Force (USPSTF) guidelines as of April 2024.

Some plans offered by Excellus BlueCross BlueShield also include coverage for dental, vision and hearing care, such as routine exams, glasses or contacts, hearing screenings and/or hearing aids.

Log in to ExcellusBCBS.com to check your benefits and coverage. Download on the App Store GET IT ON Google Play

Our Customer Care advocates are also happy to help.

*A well visit or preventive service can sometimes turn into a "sick visit," in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance. Does not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.

Out-of-network/non-contracted providers are under no obligation to treat Excellus BlueCross BlueShield members, except in emergency situations. Please call our Customer Care number or see your Evidence of Coverage for more information.

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