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**Health and Wellness or
Prevention Information**

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Schedule Important Screenings Today

Reduce your risks





Screenings Save Lives

As you turn 50, colonoscopies, blood pressure screenings and cholesterol screenings are essential for maintaining good health. Make these important preventive tests a priority. Regular screenings can help identify signs of disease or other health issues early when they are easier to treat.*

Colorectal Cancer Screenings

Colonoscopies are the preferred screening and need to be done once every 10 years (based on your results). Other screening options are available. How often you need to repeat the screening depends on which screening you and your doctor decide is right for you. Your doctor will let you know how to prepare for the screening.

Blood Pressure

High blood pressure usually has no symptoms, can go undetected and greatly increases the risk of heart attack, stroke and other diseases. The American Heart Association recommends that starting at the age of 18, you should have your blood pressure checked every two years and monitored by your doctor. If you already have high blood pressure, ask your doctor how often it should be monitored.

Cholesterol

High cholesterol increases your risk for heart disease and stroke. A blood test is used to measure your good and bad cholesterol levels. The American Heart Association recommends everyone over age 20 who does not have heart disease to have a cholesterol test every four to six years. People with known heart disease or certain other conditions may need to have their cholesterol level checked more often. Your cholesterol levels can often be controlled through lifestyle changes and or medication.

What are my next steps?

Talk to your primary care provider to determine which screenings are right for you and what your screening schedule should be. Most Medical Mutual plans cover preventive screenings with no out-of-pocket cost to you. Visit [MedMutual.com/Member](https://www.MedMutual.com/Member) to check your benefits or call the number on your ID card.

*Based on recommendations by the U.S. Preventive Services Task Force.

The material provided, including websites and links, is for information only. It does not take the place of a doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.