
















Your Guide to Adult Preventive Health Screenings

Use this list to keep important screenings top of mind. Preventive care services are covered at no cost to you when you use in-network providers.

Your Primary Care Provider (PCP) can recommend what health screenings you need based on your age, family history and risk factors. If you don't have a PCP or want to find a new one, use our **Find a Doctor** tool at priorityhealth.com/member/getting-care/find-a-doctor.

SCREENING	WHO/WHEN	WHY
General Preventive Care		
 Annual wellness physical	Once a year	Your PCP will perform a routine exam of your general health and discuss screenings you may be due for.
 Blood pressure screening	During annual physical exam	This gives your PCP information about your risk for stroke and heart attack.
 Cardiovascular disease counseling (CVD)	Adults with risk factors	Healthy diet and physical activity counseling can help reduce the risk of developing cardiovascular disease.
 Cholesterol Test	Once every 5 years	Too much cholesterol in your blood can cause a heart attack or a stroke.
 Depression and anxiety screenings	During annual physical exam or as needed if at high risk	Talk to your PCP if you're feeling more nervous or unsettled than normal or feeling less interested in normally enjoyable activities.
 Diabetes screening	Adults with risk factors	If you're aware of your risk, join the Diabetes Prevention Program to learn how to prevent and manage diabetes (priorityhealth.com/prevent-diabetes).
 Hepatitis C screening	At least once for adults ages 18-79	Hepatitis C has no symptoms. If left untreated, it can cause possible liver damage.
 HIV screening	Adults up to age 65	The only way to know if you have HIV is to get tested. It's important to get screened more often if you're at high risk.
 Osteoporosis screening	Age 65+ or post-menopause	It's important to diagnose and treat osteoporosis early, before you break or fracture a bone.
 Sexual Transmitted Infection (STI) Screening	Once a year for adults at high risk	Some STI's may not have symptoms. Chlamydia, HPV, gonorrhea and syphilis can be tested in a doctor's office or clinic.

SCREENING	WHO/WHEN	WHY
Cancer Screenings		
 Breast cancer screening	Once every 2 years for women ages 40-74. Earlier if at high risk.	It's important to detect breast cancer early, when it's easier to treat and cure.
 Cervical cancer screening	Ages 21-65, every 3-5 years	This screening includes a Pap test, HPV test or both. It's done to find changes in the cells of the cervix that could lead to cancer.
 Colon cancer screening	Ages 45-75. Earlier if at high risk.	Treatment is most effective when colon cancer is identified early. Screenings can find abnormal growths in the colon or rectum before they turn into cancer.
 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. It's treatable when caught early.
 Prostate screening	Ages 55-69. Earlier if at high risk.	Screening early can help find prostate cancers that may be at high risk of spreading. They can then be treated before they spread.

Scan the QR code for a complete list of preventive care services in the Priority Health Preventive Care Guidelines.



Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia en su idioma. Consulte al número de Servicio al Cliente que está en la parte de atrás de su tarjeta de identificación de miembro. (TTY: 711).

ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم خدمة العملاء على الجانب الخلفي من بطاقة عضويتك الشخصية. (رقم هاتف الصم والبكم: 711)