

## Why Prevention?

It's important to take care of yourself. Preventive health behaviors are a great way to do this. Wellness is more than feeling good - it's about staying healthy and free from disease. Getting preventive care means having routine check-ups and screening tests with your doctor and making healthy choices. Taking preventive steps will not only help you stay healthy, but can find health problems early, when they are the most treatable. Along with screenings and health exams, practicing healthy behaviors is the best way to reduce your risk for the most common causes of illness and death in our country today.

**If you have questions about copayments or where you can receive preventive services, check your schedule of benefits or call 1-800-868-2528.**

## Tips for a Healthy Life

**Don't smoke.** If you do smoke, quit! Talk to your doctor about the options available to help you quit.

**Eat a healthy diet.** Eat a variety of foods, including fruits, vegetables, meats, grains and dairy. Limit the amount of saturated fat, cholesterol and sugar you consume.

**Be physically active.** Any activity you enjoy counts. Start small and work up to a total of 30 to 60 minutes of exercise at least five days a week.

**Use sunscreen.** Your skin is your largest organ. To protect it, use a sunscreen with an SPF of 15 or higher daily.

**Limit your alcohol intake.** If you drink alcohol, have no more than one drink a day for women or two drinks a day for men.

**Maintain a healthy weight.** Watch portion sizes and try to balance the number of calories you eat with those you burn. Talk to your doctor if you have questions.

## More Health and Wellness Information

More wellness information is available through the following Web sites:

[www.BlueChoiceSC.com](http://www.BlueChoiceSC.com)

[www.4women.gov](http://www.4women.gov)

[www.ahrq.gov/browse/menix.htm](http://www.ahrq.gov/browse/menix.htm)

## Important Tests

For Women	How Often
Physical Exam	Yearly
Mammogram	Every 1-2 years (after age 35)
Pap Test	Yearly
Breast Self Exam	Monthly
Breast Physician Exam	Yearly
Height / Weight / BMI	At least yearly
Cholesterol	At least every 4-5 years
LDL	At least every 4-5 years
HDL	At least every 4-5 years
Triglycerides	At least every 4-5 years
Blood Pressure	Yearly
Blood Sugar	Ask your doctor
Chlamydia / STD	As needed - ask your doctor
Colorectal Screening	Ask your doctor
Bone Density Exam	Ask your doctor
Skin / Mole Self Exam	Monthly

For Men	How Often
Physical Exam	Yearly
Prostate (PSA) Test	Yearly (after age 50)
Testicular Self Exam	Monthly
Testicular Physician Exam	Yearly
Height / Weight / BMI	At least yearly
Cholesterol	At least every 4-5 years
LDL	At least every 4-5 years
HDL	At least every 4-5 years
Triglycerides	At least every 4-5 years
Blood Pressure	Yearly
Blood Sugar	Ask your doctor
STD Exam(s)	As needed - ask your doctor
Colorectal Screening	Ask your doctor
Skin / Mole Self Exam	Monthly

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FOR HEALTH

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