

Health Screenings

You should visit your health care provider from time to time, even if you are healthy. The purpose of these visits is to:

- Screen for medical issues
- Assess your risk for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations and other preventive care services
- Help you get to know your provider in case of an illness

Routine tests and screenings

Health screenings such as mammograms, colonoscopies, pap smears, cholesterol and blood pressure tests are effective means of spotting diseases before they get worse. In general, it's very important to stick to your schedule for these tests, which help give doctors early warnings if your health is changing.

Screenings and Important Visits:

Blood pressure

Colonoscopy

Diabetes

Mammogram

HIV Testing

Lung Cancer

Pap Smear

Lipid/Cholesterol



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- ✓ Flu vaccine
- ✓ Skin cancer screening
- ✓ BMI and weight evaluation
- ✓ Depression screening

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