

Preventive screenings and routine vaccines

Bright HealthCare™ may send you reminders or other messages and information about preventive care. We want you to be as healthy and well as you can be.

Preventive screenings			
Recommended age group	Service/screening	How often	Notes
All ages	Annual Wellness Visit	Once a year	This visit is critical to your preventive healthcare.
All ages	Dental exam	Twice a year	Bi-annual cleanings included at no cost to you.
All ages	Vision exam	Once a year	No-cost annual eye exam included in your health plan.
All ages	Hearing test	Every 3 years	Regular hearing tests will keep track of your hearing so you can get care if there are changes.
All ages	Depression screening and counseling	As required	Talk to your provider if you are feeling symptoms of depression.
18+ years	Hypertension screening	Once a year	A good time to get it is at your annual wellness visit.
35–70 years & overweight (BMI ≥25)	Diabetes screening	Every 3 years	For those with diabetes, yearly screenings include: 1. Hemoglobin A1c (HbA1c) test 2. Nephropathy screening 3. Retinal eye exam 4. Foot exam
45–75 years	Colorectal cancer screenings:		Bright HealthCare may send you an at-home test kit for this screening. Talk with your doctor about screening options.
	Fecal occult blood test	Once a year	
	Sigmoidoscopy	Every 5 years	
	Colonoscopy	Every 10 years	
50–74 years	Breast cancer screening (mammogram)	Every 2 years	Certain risk factors may suggest screening at an earlier age, and in men.
65+ years	Osteoporosis screening (bone density test)	Every 4-8 years	Women are at a higher risk than men. Talk with your doctor about fall prevention and exercise.
65+ years	Fall prevention screening	Once a year	Ask your doctor about fall prevention management and exercise.
65+ years	Urinary incontinence	As required	If you are experiencing bladder leakage, talk to your doctor. They may suggest Kegel exercises and review your medication list.

Routine vaccines

Recommended age group	Vaccination	How often	Notes
All ages	Influenza (flu) immunization	Once a year	Get a flu shot every year in the fall.
65+ years	Pneumonia immunization	One or two times (not repeated)	<p>There are two different types of vaccine. Usually, only one type is given. If both types are recommended, the second shot is given one year after the first.</p> <p>This immunization does not need to be repeated once it is completed.</p>

Note: not all plans cover all of the services above at 100%, and some of them are completed during a provider visit. Cancer screenings provided by participating providers are free for you. Please view your plan details in the Member Hub for details on your coverage.