



Age	Protection From	Schedule & Get	Every	Notes
Everyone	Influenza	Flu Immunization	Once a year, every fall	-
65+	Pneumonia	Pneumonia Immunization	One time	2 doses; second dose is given one year after the first dose. People with certain medical conditions may receive their second dose eight weeks after the first dose.

Age	Screening	Schedule & Get	Every	Notes
40 – 70 in overweight or obese adults	Diabetes	Blood sugar test	3 years	For people without diabetes. Certain risk factors may suggest screening at earlier age
50 – 74*, **	Breast Cancer	Mammogram	2 years	-
50 - 75*	Colorectal Cancer	Fecal Occult Blood Test (Invisible blood in the stools)	Once a year	Fecal Occult Blood Test - A good time to get it is at your annual wellness visit
		Sigmoidoscopy Colonoscopy	5 years 10 years	
65+ women*	Osteoporosis (weak bones)	Bone Density Check	One time	All adults: ask your doctor about fall prevention and exercise

*Certain risk factors, including ethnicity, may suggest screening at earlier age (**and in men)

Health screenings should be ordered with your Primary Care Provider. Please talk with your doctor to determine and schedule the screenings appropriate for you. Note: not all plans cover all screenings at 100%. See your plan details in the Member Hub for details on your coverage.