



Preventive Care Checklist

Women

Women 18 and Older	
Physical Exam <i>One time per plan year.</i>	<input type="checkbox"/>
Flu Shot <i>Every fall.</i>	<input type="checkbox"/>
Other immunizations <i>Ask your doctor which ones are right for you.</i>	<input type="checkbox"/>
Mammogram <i>For those who receive preauthorization.</i>	<input type="checkbox"/>
Cholesterol, blood glucose, blood pressure, body mass index (BMI) <i>One time per plan year.</i>	<input type="checkbox"/>
Reproductive health screening <i>Pelvic exam and screenings like Pap tests. As advised by your doctor.</i>	<input type="checkbox"/>
Women 40 and Older (in addition to above checklist)	
Mammogram <i>Based on risk factors, and as advised by your doctor.</i>	<input type="checkbox"/>
Women 45 and Older (in addition to above checklist)	
Colon Screening  <i>Based on risk factors, and as advised by your doctor.</i>	<input type="checkbox"/>
<i>Types of colon screenings:</i>	
Colonoscopy	
Stool-based test	
Cologuard	
Shingles vaccines	<input type="checkbox"/>
Pneumococcal vaccine (age 65)	<input type="checkbox"/>

 Cash Back is available for colon screenings. Find cash back opportunities using PEHP cost tools.
Learn more: www.pehp.org/save.

