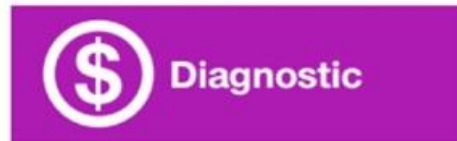


If you are enrolled in a Humana health plan, you are eligible for free preventative services, even before you have met your deductible!

PREVENTIVE VS DIAGNOSTIC

What's the difference?



PREVENTIVE CARE helps you stay healthy – before you have symptoms. Routine checkups and screenings are just two examples. Your Humana plan pays for preventive care without passing on the costs to you.

DIAGNOSTIC When you have symptoms, you need **diagnostic care** to help find out what's wrong. They may be new symptoms or changes to an ongoing health condition. You will be responsible for a portion of the costs – such as a co-pay (HMO Staff), co-insurance or deductible.

Below is a guide that shows how often and at what ages most healthy adults should have screenings, tests and checkups. Use this as a starting point to help you talk to your doctor about what is best for you.

- Physical exam – Regularly, as your doctor advises.
- Cholesterol/lipid screening – Every five years, or more often if you are at risk or have above-normal levels of these fats in your blood.
- Diabetes screening and tests – About every three years depending on your age and risk factors.
- Blood pressure screening – Have your blood pressure checked regularly at least every one to two years if your blood pressure is normal (less than 120/80), more often if you have high blood pressure or diabetes.
- Bone density test – As your doctor advises, usually around age 65.
- Eye exam – Every two to four years up to age 64, and then every one to two years.
- Dental exam - visit your dentist and dental hygienist at least once a year for a professional cleaning and assessment to catch any problems before they become serious.
- Colorectal cancer screenings – Talk to your doctor about your risks and which screening and schedule are best for you. For people ages 50 and up, may need a fecal occult blood test every year, a flexible sigmoidoscopy every years five years, or a colonoscopy every 10 years. You doctor can explain the tests to you.
- Mammogram – Every one to two years for women ages 40 and up. Younger women should follow their doctor's advice.
- Pap smear and pelvic exam – At least every one to three years for women, depending on your age, history of a hysterectomy and past Pap testing results.
- Prostate exam for men – talk with your doctor about your risks and what test and schedule are best for you.