



TAKE A HEALTHY STEP

Preventive care can help.

It's an important step toward living a longer, healthier life.

- › Regular health exams and tests can help find potential problems before they start.
- › Catching health problems early can improve your chances for treatment and cure.
- › Having an annual wellness exam helps you establish a relationship with your primary care doctor who can coordinate your health care.

Preventive care includes annual wellness exams with your doctor, screenings and immunizations. Your doctor will recommend that you have specific tests or vaccines based on your:

- › Age
- › Gender
- › Lifestyle habits
- › Current health
- › Family history
- › Personal health history

Common preventive care services:

- › **Blood pressure.**¹ If your blood pressure is normal (lower than 120/80) have it checked every two years. Or, every year if your blood pressure is higher than normal.
- › **Cholesterol and heart disease.**² Men should have regular screenings starting at age 35, women at age 45. Or as early as age 10 for people with a family history or other risk factors.

- › **Diabetes.**¹ You should get screened if your sustained blood pressure is higher than 135/80 or you have other risk factors.
- › **Colonoscopy.**³ Adults should get screened for colorectal cancer starting at age 50. Follow your doctor's recommendation on when and how you should be tested after that.
- › **PSA test.**⁴ Men 50 and over should have a PSA blood test and rectal exam every year. Get tested sooner if you are African American or have a family history.
- › **Mammogram.**⁵ In general, women age 40 and over should have one every one to two years. Your doctor may recommend mammograms at a younger age based on your family history or risk factors.
- › **Cervical cancer.**⁵ It is recommended that women age 21 to 65 have a PAP test every three years.

Many preventive services from in-network doctors are covered 100% by your M-DCPS plan.⁶ So, you won't pay anything out of your own pocket.

What isn't a preventive care service?

During your wellness exam, if your doctor performs diagnostic services, then your visit is covered under your plan's medical benefits (not preventive care benefits). So, you may be responsible for all or part of the cost of any additional services, such as a copay.

Find a primary care doctor in the Cigna network.

Go to **myCigna.com** or call Cigna customer service at **800.806.3052**.





Schedule your wellness exam today.

Your health is your most valuable asset. Call your doctor to make an appointment today!



1. FDA Consumer Health Information, Medications for High Blood Pressure, May 2014.
2. U.S. Preventive Services, "Lipid Disorders in Adults: Screening", updated July 2015. www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/lipid-disorders-in-adults-cholesterol-dyslipidemia-screening.
3. American Cancer Society, "Colorectal Cancer Prevention and Early Detection", 2014. www.cancer.org/acs/groups/cid/documents/webcontent/003170-pdf.pdf.
4. American Cancer Society, Guidelines for the Early Detection of Cancer, September 2015. www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-046343.pdf; "Prostate Cancer Prevention and Early Detection", American Cancer Society, April 14, 2016.
5. American Cancer Society, Guidelines for the Early Detection of Cancer, September 2015. www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-046343.pdf.
6. Not all preventive care services are covered. For example, immunizations for travel are generally not covered. Other non-covered services/supplies may include any service or device that is not medically necessary or services/supplies that are unproven (experimental or investigational). See your plan materials for complete details.

The M-DCPS medical plan is self-insured by your employer and administered by Cigna Health and Life Insurance Company.

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