









Now there are
50 free ways to
stay healthy.

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Be good to yourself. The best way to keep health problems from taking a toll on you or your family is to take care of yourself today. Take advantage of checkups, shots and screenings, most of which you can get at no charge! If it's on this list, it's covered 100% by ConnectiCare when you stay in ConnectiCare's network. **Schedule your free annual checkup today and ask your doctor which free services are for you.**





|  Shots | For complete 2015 Children and Adult Immunization Schedules visit the Center for Disease Control at cdc.gov/vaccines . | | |
|--|--|---|---|
| | Adult Male  | Adult Female  | Children/Teens  |
| Chickenpox (Varicella) | • | • | • |
| Diphtheria, Tetanus, Whooping Cough (Pertussis) | | | • |
| Flu | • | • | • |
| Hepatitis A & B | • | • | • |
| Hib (H. Influenza Type B) | | | • |
| HPV (Human Papillomavirus) | • | • | • |
| Measles, Mumps and Rubella | • Age 19-55 | • Age 19-55 | • |
| Meningitis (Meningococcal) | • | • | • |
| Pneumonia | • | • | • |
| Polio | | | • |
| Rotavirus | | | • |
| Shingles (Herpes Zoster) | • Age 50+ | • Age 50+ | |
| Tetanus | • | • | |





|  Screenings | Adult Male  | Adult Female  | Children/Teens  |
|---|---|---|---|
| | Hearing | • Age 18-21 | • Age 18-21 |
| Hypothyroidism | | | • Newborns |
| Phenylketonuria (PKU) | | | • Newborns |
| Sickle Cell Disease | | | • Newborns |
| Vision | • Age 18-21 | • Age 18-21 | • |

| Early Cancer Detection | | | |
|---|----------------|----------------|--|
| Breast Cancer (Mammography) – Recommended frequency ▶ Every year | | • Age 40+ | |
| Cervical Cancer (Pap Test) – Recommended frequency ▶ Age 21-65, every 3 yrs.; age 30-65, every 5 yrs. if combined with Human Papillomavirus (HPV) testing | | • | |
| Colon Cancer – Recommended frequency ▶ Every 1-10 yrs. depending on type of test | • Age 50-75 | • Age 50-75 | |
| Lung Cancer – Recommended frequency ▶ Annually for adults with 30 pack-year smoking history | • Age 55-80 | • Age 55-80 | |

| Other Screenings If Needed | | | |
|---|----------------|----------------|------------------|
| Abdominal Aortic Aneurysm – Present or past smoker | • Age 65-75 | | |
| Alcohol Misuse | • | • | |
| Autism, Psychosocial & Developmental Issues – Recommended frequency ▶ Autism at 18-24 months, others at annual checkup | • Age 18-21 | • Age 18-21 | • |
| Blood (Hematocrit and Hemoglobin) – Recommended frequency ▶ Once | | | • |
| Blood Pressure | • Age 18-21 | • Age 18-21 | |
| Depression – Recommended frequency ▶ At doctor's discretion | • | • | • Age 12+ |
| Diabetes – Recommended frequency ▶ Can begin as early as childhood for those with obesity, hypertension, symptoms of diabetes or family history of the disease | • | • | • |
| Hepatitis B | • | • | • |
| Hepatitis C – Recommended frequency ▶ Once for adults born 1945-65; at doctor's discretion for others at risk | • | • | |
| Lead | | | • Birth-Age 6 |
| Obesity – Recommended frequency ▶ During annual checkup | • | • | • Age 6+ |
| Osteoporosis – Recommended frequency ▶ Every 24 months for those at risk | | • Age 60+ | |
| Pregnancy-Related (including bacteriuria, diabetes, iron deficiency & Rh(D) typing) | | • | • |
| Sexually Transmitted Disease (Chlamydia, Gonorrhea, HIV, HPV, Syphilis) Recommended frequency ▶ Sexually active individuals age 24 or younger, pregnant women and older individuals at risk | • | • | • |
| Tobacco Use – Recommended frequency ▶ At doctor's discretion | • | • | • Teens |
| Tuberculosis – Recommended frequency ▶ At doctor's discretion | • Age 18-21 | • Age 18-21 | • |

|  Counseling & Support | Adult Male  | Adult Female  | Children/Teens  |
|---|---|---|---|
| | Genetic Screening for Breast and Ovarian Cancer (BRCA) | | • |
| Breast-feeding (including supplies) | | • | • |
| Birth Control Methods, Sterilization Procedures and Education | | • | • |
| Dietary | • | • | |
| Sexually Transmitted Diseases (STDs) | • | • | • |
| Help to Quit Smoking | • | • | • |

|  Drugs <i>When prescribed by your doctor</i> | Adult Male  | Adult Female  | Children/Teens  |
|--|---|---|---|
| | Aspirin to Prevent Heart Disease | • Age 45-79 | • Age 55-79 |
| Aspirin to Prevent Preeclampsia (a serious pregnancy complication) | | • | |
| Birth Control | | • | • |
| Folic Acid Supplements | | • Age 18-45 | |
| Medications to Prepare for Colon Cancer Screening | • Age 50-75 | • Age 50-75 | |
| Generic Vitamin D for Muscle Strength | • Age 65+ | • Age 65+ | |
| Iron Supplements | | | • Birth-Age 1 |
| Oral Fluoride Supplements | | | • Birth-Age 5 |
| Tamoxifen and Raloxifene to Prevent Breast Cancer | | • Age 35+ | |

|  Other Services | Adult Male  | Adult Female  | Children/Teens  |
|---|---|---|---|
| | Fluoride Application (Cavity Prevention) | | |
| Physical Therapy (Fall Prevention) | • Age 65+ | • Age 65+ | |

If you have questions about which services to receive and when, ask your doctor.

A healthy list of services, free every year.

From free shots to screenings to counseling, ConnectiCare offers dozens of ways to keep you and your family healthy. Look inside for an easy reference chart. To find out which services are right for you, ask your doctor. Schedule your free annual checkup today, and **don't forget to bring this reference guide to your next appointment!**

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In order to qualify, all services are subject to physician specialty, procedure code and diagnostic code requirements, frequency limitation rules and appropriate age and gender requirements, as described by the U.S. Preventive Services Task Force A and B and HRSA guidelines. These guidelines may change from time to time. This list of preventive care services may not apply to "grandfathered" health plans – any group or individual health plan that was in effect on March 23, 2010, the date of Health Care Reform enactment. Contact your health benefits administrator or ConnectiCare member services (1-800-251-7722) with any questions.

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