

PREVENTIVE SCREENINGS

Even if you feel fine, you should see your primary care provider for regular health screenings. Since many health conditions cause no symptoms in their earliest stages, screenings can help you get earlier treatment and a better outcome. Not sure which screenings you need? Below is a helpful overview of which screenings are recommended by age and gender:

AGE	REASON	SCREENING DETAILS
<18	Annual Well Visit / Child Immunizations	<ul style="list-style-type: none"> A good relationship with your PCP (Primary Care Provider) is important for your overall health. Southern Land's medical plan covers an annual physical/well visit at no charge! Southern Land's medical plan: Covers 100% of childhood immunizations recommended by the Advisory Committee on Immunization Practices of the United States Public Health Service and the Department of Health. CLICK HERE to access the CDC vaccine schedule.
18+	High Blood Pressure	<ul style="list-style-type: none"> Yearly screening for hypertension in adults 40 years or older and for adults at increased risk for hypertension (such as African American adults, persons with high-normal blood pressure, or persons who are overweight or obese). Screening less frequently (i.e., every 3 to 5 years) is appropriate for adults aged 18 to 39 years not at increased risk for hypertension and with a prior normal blood pressure reading. Southern Land's medical plan: Annual tests for high blood pressure are covered 100% for those 18 years or older.
20+	Cervical Cancer	<ul style="list-style-type: none"> Women ages 21–29: Pap Smear every 3 years Women ages 30–65: Every 3 years with Pap Smear alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with Pap Smear (co-testing). Southern Land's medical plan: Pap Smear covered 100% for woman every three years (age 21-65); every five years if you're at high risk for HPV (age 30-65)
35+	Diabetes / Prediabetes	<ul style="list-style-type: none"> The American Diabetes Association recommends universal screening for prediabetes and diabetes, using a fasting plasma glucose level OR Oral glucose tolerance test OR HbA1c level, for all adults 45 years or older, regardless of risk factors at least every 3 years.
40+	Breast Cancer	<ul style="list-style-type: none"> Mammography at least every other year, starting at age 40. Southern Land's medical plan: Annual mammograms are covered 100% for those 40 years of age and older
50+	Colorectal Cancer	<ul style="list-style-type: none"> Choose how you get screened from the following: Colonoscopy every 10 years OR FOBT test or FIT test every year OR Flexible sigmoidoscopy every 5 years OR Flexible sigmoidoscopy every 10 years with FIT every year OR CT Colonography every 5 years OR Cologuard (DNA stool screening) every 3 years. <p>Southern Land's medical plan: Covered annually for fecal occult blood testing, once every three years for FIT-DNA, once every five years for screening sigmoidoscopy or CT colonography, and once every 10 years for screening colonoscopy.</p> <p>Note: Screening may begin earlier if you are at high risk for colorectal cancer.</p>
50-80	Lung Cancer	Low-Dose CT chest for adults with 20 pack/year smoking history and currently smoke, or quit within the past 15 years.
55-69	Prostate Cancer	<p>The decision to undergo a prostate-specific antigen (PSA)–screening for prostate cancer should be an individual one. Discuss with your doctor.</p> <ul style="list-style-type: none"> Southern Land's medical plan: Prostate exams are covered for men age 75+
All Ages	Periodic Health Evaluations	Those enrolled in Southern Land's medical plan are encouraged to receive their annual wellness visits with their primary care provider for a full medical history, blood work, and physical. Click HERE to find an in-network provider near you!

Note: Southern Land's coverage herein is based on in-network coverage.

See the following page for additional preventive screening recommendations.

ADDITIONAL PREVENTIVE SCREENINGS

Below are some additional recommended health screenings for women and men. Remember to always consult your primary care provider to determine which screenings are right for you.



BREAST EXAM

Women should receive regular breast exams, which screen for signs of breast problems, including cancer.

CHOLESTEROL

Adults ages 35+ should be screened every five years if cholesterol levels are normal. Those with high blood pressure, other risk factors for heart disease or certain health conditions may need to get screened sooner or more often.

EYE EXAM

You should receive an eye exam every one to two years, or more often if you have glaucoma, have certain eye conditions or if your doctor recommends it.

BONE MINERAL DENSITY TEST (BMD)

Osteoporosis occurs four times more often in women than in men. Women should get tested as often as advised by their doctor. Men should discuss screening with their doctor if over age 50.

SEXUALLY-TRANSMITTED INFECTIONS

Depending on age, lifestyle and medical history, you may need to discuss with your doctor about getting tested for chlamydia, syphilis, HIV and other infections.

Chlamydia Screening

Three fourths of women with this STI have no symptoms, so they can pass it on to others without knowing it. When it is not treated, pelvic inflammatory disease can result. This can make a woman unable to get pregnant.

PELVIC EXAM

Pelvic exams check for problems on the outside of the vaginal area and inside the vagina and cervix. Women should get screened as advised by their doctor.

HEARING EXAM

Adults over age 65 may need a hearing test if signs of hearing loss are present.