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## Preventive care — a check for success

Preventive care is one of the most important ways you can keep you and your family healthy.

Preventive care starts with a checkup. It can also include:

- Flu, pneumonia and other shots
- Cancer screening, including colonoscopies and mammograms
- Blood pressure, diabetes and cholesterol tests
- Counseling, screening and vaccines for healthy pregnancies

**As of July 1, 2015, most preventive care is covered 100 percent. That's right. No copays, no coinsurance, no deductibles. Check your plan for details.**



## Checkups are key — Get your annual physical

Regular physical exams are important for everyone. They can provide reassurance that you are as healthy as you feel or can help your doctor determine any potential health risks and symptoms for health conditions.

### Annual physical exams will help:

- Ensure you are up to date with your age-appropriate screenings
- Identify any signs and symptoms that could lead to serious illness
- Increase your chances for early diagnosis and treatment — when illnesses may be easiest to treat

A regular exam can also help strengthen your doctor-patient relationship. Your doctor can review your health history and discuss any changes that may have occurred in your life and lifestyle that could impact your long-term health. Along with your physical exam results, your doctor can use this information to coordinate a personalized care plan for you.

During a routine physical, your doctor will measure your:

- Height
- Weight
- Blood sugar
- Cholesterol
- Blood pressure

The results can tell you and your doctor a great deal about your health.

## Preventive versus diagnostic care

What's the difference? Preventive care is generally precautionary.

Let's say your doctor wants you to have a colonoscopy because of your age or family history. That is preventive care and usually costs you nothing extra.

But let's say your doctor wants you to have a colonoscopy because of symptoms you're having. That is diagnostic care. You may have to pay part of the costs.

If your doctor recommends a specific exam, be sure to ask if it is for preventive care or diagnostic purposes.

## A call to good health

Safeguard your health and the health of your family. Call your doctor today and schedule a checkup.

**Learn more about preventive care.** Log on to your secure member website at [www.aetna.com](http://www.aetna.com). Or call us at **1-877-542-3862**.



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45.03.360.1 (5/16)

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