



PREVENTIVE CARE RECOMMENDATIONS



Regular Preventive Care can help find problems before they start—or early on, when chances for treatment and cure are better. Specific recommendations will appear on your account based on your age and gender. Self-report your Preventive Care Services and earn \$50 each plan year.

Preventive Care Compliance*



MALE

- Physical Exam
- Dental Exam
- Prostate Exam
- Influenza Vaccine (Flu Shot)
- Skin Cancer Screening
- Eye Exam
- Pneumonia Vaccine (Pneumococcal Vaccine)
- Shingles Vaccine (Herpes Zoster)
- Prostate-specific Antigen Test (PSA Test)
- Colonoscopy
- Osteoporosis Screen (Bone Density Test)



FEMALE

- Physical Exam
- Dental Exam
- Well Woman Exam
- Influenza Vaccine (Flu Shot)
- Eye Exam
- Skin Cancer Screening
- Pneumonia Vaccine (Pneumococcal Vaccine)
- Shingles Vaccine (Herpes Zoster)
- Mammogram
- Colonoscopy
- Osteoporosis Screen (Bone Density Test)

HOW TO COMPLETE PREVENTIVE CARE:

On your **Good For You!** account under the **Well-being** tab:

- Click the **Care** link to go to the Prevent page
- Services you have already reported show at the bottom under Complete
- To self-report a preventive care service, click on: **ADD** under the services listed under Incomplete
- Once the minimum of 2 services have been completed you will earn your 50 points

Look-back Period (all): 1/1/2017

* The Viverae Medical Advisory Board supports these proactive Preventive Care compliance recommendations, provided by recognized specialty medical organizations. Preventive Care compliance recommendations do not take into account health plan benefits or personal and/or family health and medical history.

Questions?
Contact Viverae at 888-833-5829

