



Don't let your health off the hook.

Be around to stop and smell the roses.

# PREVENTIVE CARE



Specific recommendations will appear on your account based on your age and gender

## Male

- Physical Exam
- Dental Exam
- Prostate Exam
- Flu Shot
- Skin Cancer Screening
- Eye Exam
- Pneumonia Vaccine
- Shingles Vaccine
- Prostate Specific Antigen Test
- Colonoscopy
- Bone Density Test


## Female

- Physical Exam
- Dental Exam
- Well Woman Exam
- Flu Shot
- Pap Test
- Eye Exam
- Skin Cancer Screening
- Pneumonia Vaccine
- Shingles Vaccine
- Mammogram
- Colonoscopy
- Bone Density Test

**Preventive Care exams help you avoid serious health problems. Self-report your Preventive Care Services and earn \$75 each plan year. This is a great way to track yearly exams and keep up to date with your health.**

## HOW TO COMPLETE PREVENTIVE CARE:

On your **Good For You!** account under the *My Care* tab

- Once on your account, click the **My Care** tab on the top of your Dashboard
- From the list you will see the services you have already reported as they will have a green check mark 
- To self-report a preventive care service, click on: **ADD**
- Once the minimum of 3 services have been completed you will earn your 75 points