



PREVENTIVE CARE RECOMMENDATIONS



Taking a proactive approach with regular preventive care exams, screenings and vaccines can help catch problems before they start, and even save lives. Specific recommendations will appear on your account based on your age and gender. Self-report your Preventive Care Services and be rewarded \$50 this 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
- Pap Test
- 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:

Self-report 2 services from 1/1/18 to present to earn this year's incentive.

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** next to the service listed under **Incomplete**
- Once the minimum of 2 services have been completed you will earn your 50 points

Look-back Period (all): 1/1/2018

**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.*

Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.

Questions?
Call Viverae (SimplyWell) at 888-833-5829.