

# TAKE CHARGE OF YOUR HEALTH WITH ANNUAL PREVENTIVE CARE



Preventive care is key to helping you stay healthy by providing early detection of potential health conditions, illness or disease. Depending on your age and your personal and family health history, your recommended health screenings will vary. Consult with your provider to determine an appropriate plan to keep your health on track.

## ANNUAL EXAMS

SCHOOLCARE participants can schedule a no-cost annual physical with a primary care provider or virtually through MDLIVE to establish a health baseline and a preventive care plan for the year that may also include annual eye and oral health exams.



## CANCER SCREENINGS

The age you should begin cancer screenings and the recommended frequency are based on health history. Common routine, no-cost screenings include: breast, prostate, colon and cervical cancer screenings. Regular skin checks are also recommended.\*



## BIOMETRIC SCREENINGS

Biometric screenings are short health exams that include blood work, blood pressure and body measurements, which is key data to reduce risk of diabetes and heart disease and improve overall health and well-being.



## VACCINATIONS

Your provider will keep a history of vaccinations and recommend a regular schedule updates as needed for conditions like tetanus, diphtheria, and pertussis, hepatitis, pneumonia, and more, as well as annual updates for viruses like the flu and Covid-19.



## PREVENTIVE CARE FOR KIDS

Keeping up with your children's preventive care varies by age. It is important to help protect from serious illness and can include detection of behavioral health conditions and potential need for early interventions.



## SCREENINGS FOR KIDS

Recommendations for children can include routine wellness visits, a schedule of vaccinations, behavioral health screenings, and blood tests. Consult with your child's provider to schedule the necessary appointments and tests.



**Don't forget to check in on your mental health.** It's a good idea to take stock of your mental health on a regular basis. Ask yourself in the morning how you are doing that day. All of SCHOOLCARE's medical plans include coverage for in-person and virtual mental health care. From no-cost access to a wide range of services as part of SCHOOLCARE's Employee Assistance Program, to in-person counseling, virtual therapy via video, phone or text, to psychiatric services and more, care is available when you need it.

*\*Skin cancer screenings are subject to deductible/co-pay/coinsurance depending on your plan*

**SCHOOLCARE subscribers and spouses are eligible for up to \$350 in Good For You! Well-Being Program incentives for annual physicals, biometric screenings, routine eye & dental exams, flu vaccines and prostate, breast, colon and cervical cancer screenings as appropriate.**