



The Power of Prevention

One important way to be HealthSmart is visiting your doctor for routine preventive health care screenings. With the PPO plan from MVP Select Care, in-network preventive care is covered in full (100%).

Preventive health care can alert your doctor to a serious health condition at the earliest possible stage, when there's the best chance to do something about it.

Preventive services that are covered in full when received in-network:

- Well-child visits, including immunizations (through age 18)
- Adult routine physical exams
- Adult immunizations
- Routine gynecological exams
- Mammography screening
- Cholesterol screening
- Colon screenings and colonoscopies
- Prostate cancer screenings
- Routine hearing and eye exams (beginning at age 19)

To help you be proactive about your health care, the following table displays the recommended schedule of preventive care services. Talk to your doctor to develop a plan that is best for you.

Recommended Preventive Care Guidelines

Preventive Service	Age Category			
	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and over
Routine Physical Exam [Should include health history and lifestyle assessment, physical exam, height/weight, blood pressure, breast exam for women, prostate exam for men (for all men 40+ years), skin exam, immunization review, counseling on health-related topics.]	Once every 3 years	Once every 3 years	Once every 3 years	Every year
Cholesterol Screening	Once every 5 years	Once every 5 years	Once every 5 years	Once every 5 years
Fasting Blood Sugar	Screen if at risk for diabetes or have sustained high blood pressure of 135/80 or higher	Screen if at risk for diabetes or have sustained high blood pressure of 135/80 or higher	Screen if at risk for diabetes or have sustained high blood pressure of 135/80 or higher	Only if at risk
Tetanus Booster	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Women: Rubella Screening	Screening for women of childbearing age	Screening for women of childbearing age		
Women: Pap and Pelvic Exam	<i>Women Age 21-30:</i> Every year age 21 or 3 years after onset of sexual activity; screen every 3 years if 2-3 consecutive negative Pap smears. <i>Women Age 30-39:</i> Every 3 years if 2-3 consecutive negative Pap smears.	Every 3 years if 3 consecutive negative pap smears	Every 3 years if 3 consecutive negative pap smears	Recommend to stop screening at age 65 if adequate recent history of normal Pap smears and not at otherwise high risk for cervical cancer
Women: Chlamydia Screening	Once per year all sexually active women age 24 years and younger and older women at risk. Screen all pregnant women 24 and younger and older women at risk.	Once per year for women who are at risk and all pregnant women at risk.		
Women: Mammogram	Not recommended for women under 40 unless at risk.	Every 1-2 years	Every 1-2 years	Every 1-2 years
Women: Bone Density Screening				Every year
Men: PSA			Consult your physician for frequency recommendations.	Consult your physician for frequency recommendations.
Stool for Occult Blood			Every year	Every year
Colonoscopy			Every 10 years	Every 10 years
Flu Shot			Every year	Every year
Pneumonia Vaccine				Once at 65 years old or older; second dose if indicated
Hearing Exam			Every 1-3 years	Every 1-3 years
Dental Exam	Every year	Every year	Every year	Every year
Eye Exam	Once during this time period	Once every 1-3 years	Every 1-3 years	Every 1-3 years

Source: Recommendations are based in part on the 2007 Guide to Clinical Preventive Services published by the U.S. Preventive Services Task Force.