



When was my last wellness exam and depression screening?

You should get a wellness exam every year. Unlike a visit to your doctor when you're sick or injured, a wellness exam includes a full checkup and depression screening. It allows you and your doctor to check in on your overall mental and physical health and helps with disease prevention. You will typically get your blood pressure checked during a wellness exam. It's important to check it regularly. Your blood pressure should be less than 130/80.

If you're pregnant, it's important to see a doctor within the first 14 weeks of pregnancy and at least once a month after that. SelectHealth® can provide ongoing support during your pregnancy. Find out if you qualify for our Healthy BeginningsSM program by calling **801-442-5052**. (This benefit may not be covered by your plan.)

If you're recently postpartum, be sure to see your doctor between one and 12 weeks after delivery to ensure you are healing well and screen for possible postpartum depression.

Schedule Your Needed Screenings Today

If you need help finding a doctor or making an appointment, call SelectHealth Member Advocates® at **800-515-2220**.



Questions? We can help you understand your benefits. Call Member Services at **800-538-5038**

weekdays, from 7:00 a.m. to 8:00 p.m., and Saturday, from 9:00 a.m. to 2:00 p.m. SelectHealth Community Care® members, please call **855-442-3234**.

Visit **selecthealth.org** and log in to view benefits, claims, ID cards, year to date totals, and more. You can also view your lab results, message a doctor, or schedule an appointment by visiting the MyHealth+ section of the site.

For more information on preventive screenings, visit **selecthealth.org/wellness/preventive-care**.

References:

U.S. Preventive Services Task Force. "Recommendations for Adults." Web. May, 2018. <uspreventiveservicestaskforce.org/Page/Name/recommendations>.

American Cancer Society. "American Cancer Society Guidelines for the Early Detection of Cancer." Web. May, 2018. <cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-theearly-detection-of-cancer>.

Screenings, vaccines, and other guidelines mentioned in this brochure are according to recommendations provided by the National Committee for Quality Assurance (NCQA) and Healthcare Effectiveness Data and Information Set (HEDIS).



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 SelectHealth Advantage: **855-442-9900** (TTY: 711) / SelectHealth: **800-538-5038**.

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It's Time to Ask Yourself Some *Important Questions* about Your Health



To stay healthy, you should make regular screenings a priority. In addition to a yearly wellness exam, talk to your doctor about other recommendations and your risk factors.



When was the last time I was screened for breast cancer and colon cancer?

Breast cancer is most easily treatable if it is caught early. Mammograms can often catch tissue changes well before you or your doctor could feel them. Women ages 40 to 74 should get a mammogram every one to two years, even if they do not have a family history of breast cancer.

IMPORTANT!

Colorectal cancer is the second leading cause of cancer-related deaths in the U.S. However, it is 90% preventable with early screening. Colon cancer screening should start at age 50 and occur every ten years or sooner, based on your risk for colon cancer, until age 75. Other screening options are available, such as annual fecal immunochemical testing (also known as FIT kit testing). Talk to your doctor about which is best for you, especially if you have a family history of colon cancer.



How often should I be screened for cervical cancer?

The short answer: Pap smears are recommended every two and a half years for those ages 21 and older.

Cervical cancer is one of the most successfully treated cancers if it is found early or in the pre-cancer stages. Human Papillomavirus (HPV) is the most common cause of cervical cancer. If you're 30 to 65 years old, you can choose to get tested for HPV every five years along with the Pap test, or as an alternative to the Pap test. Talk to your doctor about what's best for you.

Are my family and I protecting ourselves by staying up to date on our vaccinations?

Stay up to date on your vaccines to protect yourself and others around you who may be at risk—especially babies—and may not be able to receive immunizations because of age or medical conditions.

Some immunizations (vaccinations) are recommended at specific ages. This is based on scientific data and helps protect from diseases when individuals are most vulnerable. For example, the HPV vaccine is an important way to protect your children ages nine to 13 from future risk for cancers, such as cervical cancer. The earlier it is received, the better. Be sure to get the facts about immunizations from a trusted source, and talk to your doctor about what other vaccines you or your loved ones might need.

Am I protecting myself from chlamydia by knowing when I need to be tested?

Women ages 16 to 24 who are sexually active should be tested for chlamydia every year (even if you're in a committed, monogamous relationship). You should get tested even if you're on birth control, have been tested for Sexually Transmitted Infections (STIs) or pregnancy, and receive Pap smears regularly.

Chlamydia is curable; however, it is often symptomless and therefore goes untreated. If it is not treated, it can lead to chronic pelvic pain, infertility, or other problems.



Am I at risk for heart disease?

According to the Centers for Disease Control, heart disease is the leading cause of death for women in the U.S. Making small changes to your lifestyle may prevent heart disease. To decrease your risk, get your cholesterol and blood pressure checked and take blood pressure and statin medications as prescribed. Choose healthy habits to improve your heart health and lower your risk: quit smoking, increase your physical activity, and eat a balanced diet. For more details, visit [cdc.gov/heartdisease/risk_factors.htm](https://www.cdc.gov/heartdisease/risk_factors.htm).

