

TIPS FOR HEALTHY LIVING

- If you smoke, quit!
 - Eat a healthy diet.
 - Get to and maintain a healthy weight.
 - Be physically active.
 - Limit your alcoholic beverages.
 - Take all medications as directed by your doctor.
- Helpful website:**
www.aetna.com

Preventive care recommendations for women ages 40+ (those at average risk)

- **Blood Pressure:** Periodically.
- 20.31.318.1 (3/06)
B

■ **Diabetes Blood Sugar Test:** Starting at age 45, and then every 3 years.

■ **Bone Mineral Density Test:** Starting at age 65, routinely (earlier if risk factors).

■ **Height, Weight/BMI:** Periodically.

■ **Cholesterol Test:** Starting at age 45, and then every 5 years.

■ **Colorectal Screening:** Starting at age 50, yearly stool blood test (FOBT), OR flexible sigmoidoscopy every

5 years, OR yearly stool blood test plus flexible sigmoidoscopy every

5 years, OR double contrast barium enema every 5 years, OR colonoscopy every

10 years. Discuss testing with your doctor.

Fold Here

■ **Mammogram:** Every 1 – 2 years.

■ **Pap Smear:** Every 2 – 3 years after 3 consecutive normal results OR HPV DNA test plus a Pap smear every 3 years if results of both tests are negative.

Women 70 years and older may stop screening. Talk to your doctor about the method of screening that is right for you.

■ **Gynecologic Exam:** Annually to assess risk factors and make screening recommendations.

■ **Breast Exam:** Every year by a health care provider. Speak to your doctor about breast self-exam; report any breast changes promptly.

■ **STD Test:** Discuss testing with your doctor if you have multiple sexual partners, a partner with multiple sexual partners, sexual contact with a person with an STD or a person with a history of an STD.

■ **Skin (Mole) Exam:** Monthly mole self-exam, and every year by a health care professional.

■ **Influenza Vaccine:** Annually starting at age 50.

■ **Pneumococcal Vaccine:** 1 dose — age 65 and older.

■ **Tetanus-Diphtheria Vaccine:** Every 10 years.

■ **Alcohol Misuse Screening and Behavioral Health Counseling Intervention:** Routinely.

■ **Depression Screening:** Routinely.

©2006 Aetna Inc.

Fold Here

Taking Care of Your Health

YOUR NAME

YOUR MEMBER ID NUMBER

YOUR DOCTOR'S NAME

YOUR DOCTOR'S PHONE NUMBER

To print additional copies of this card, go to:
www.aetna.com/products/health_check.html.

20.31.318.1 (3/06)
B

We want you to knowSM


TEST OR EXAM	HOW OFTEN	DATE/RESULTS	DATE/RESULTS
Blood Pressure			
Blood Sugar Test			
Bone Density			
Height/Weight/BMI			
Cholesterol			
▪ LDL			
▪ HDL			
▪ Triglycerides			
Colorectal Screening			
Mammogram			
Pap Smear			

TEST OR EXAM	HOW OFTEN	DATE/RESULTS	DATE/RESULTS
Gyn Exam/ Breast Exam by Health Care Provider			
Breast Self-Exam (BSE)	Monthly	J F M A M J J A S O N D	J F M A M J J A S O N D
STD Test			
Skin (Mole) Exam			
Influenza Vaccine	Annual		
Pneumococcal Vaccine			
Tetanus-Diphtheria Vaccine	Every 10 years		
Alcohol Misuse Screening and Behavioral Health Counseling Intervention			
Depression Screening			