



Yearly Check In

Did you know? Preventive health measures and screenings can prevent 85% of illness and disease?

No matter your age or stage of life, annual physical exams are essential to keep your health in check. Visiting your primary care provider (PCP) for regular preventive care is one of the best ways to identify and treat health issues before they worsen. These visits also help you track your progress toward your health goals.



5 Reasons Why:

- Assessing Your Overall Health
- Updating your vaccines
- Screening for cancer
- Updating your medical records
- Establishing a relationship with your doctor

Reference: CDC.gov

TOPICS



- Yearly Check In
- Examples of preventive health services and non-preventive care
- Cancer Screenings
- Grilled Veggies Recipe



Explore the wild, and let nature rejuvenate you this summer!



Examples of preventive health services and their frequency:

Annual check-up (1 per calendar year):

This is when your Primary Care Provider (PCP) checks all areas of your health, physical and emotional.

Flu shot (1 per year):

This is typically covered 100% under most health plans and helps protect you from certain strains of the flu virus.

Mammogram (1 per calendar year, usually after the age of 40):

Routine X-rays of breast tissue to check for any signs of cancer or other abnormalities.

Colonoscopy (typically 1 per every 10 years, usually after the age of 45):

Screening for colon cancer.

Examples of non-preventive care include:

Diagnostic tests and screenings:

These are not routine tests and screenings. For example, if your radiologist finds something on your mammogram and wants another, it's considered a diagnostic mammogram and will typically not be covered as preventive care.

Additional primary care visits:

Most health plans will cover you for 1 annual check-up with your doctor. Other visits during the same calendar year will likely not be covered as preventive. For example, let's say you have flu symptoms and need to see your doctor—that's not a covered preventive care visit.



Specialist visits:

Visits to a specialist (gastroenterologist, orthopedist, neurologist, podiatrist, etc.) for a particular problem are not covered as preventive care.

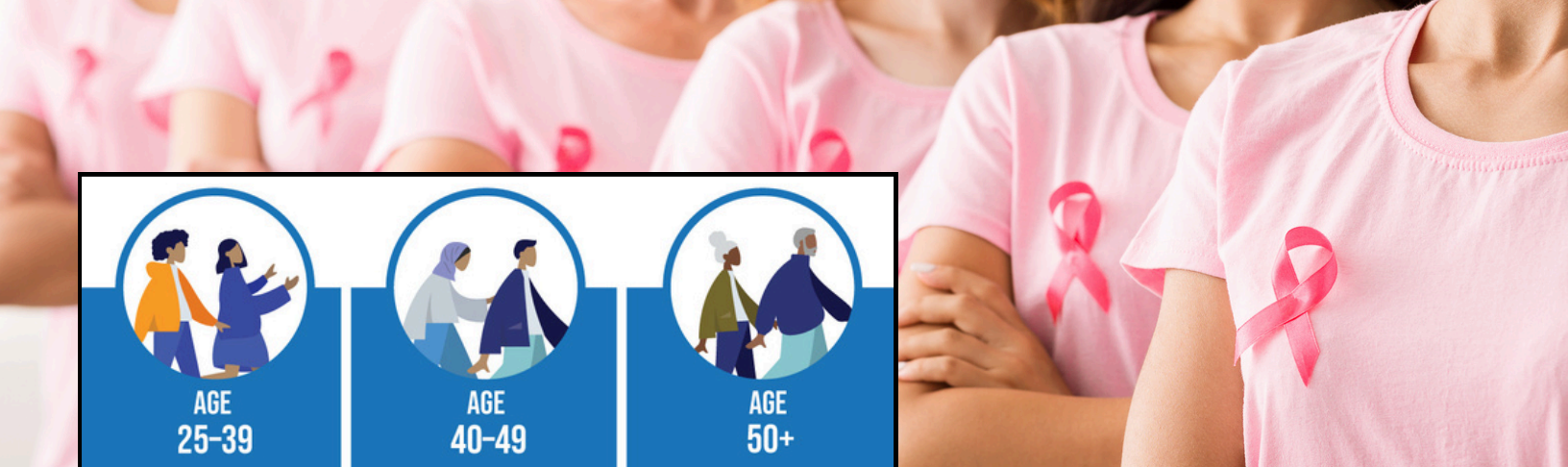
Alternative therapies:




Services such as chiropractic, massage, acupuncture, and other alternative health services are not considered preventive care.

PSA blood test:

This is a test to check for prostate cancer. Some health plans may cover this as preventive care, but many do not.

Reference: CDC.gov



 <p>AGE 25-39</p> <p>Talk with your PCP about:</p>	 <p>AGE 40-49</p> <p>Talk with your PCP about:</p>	 <p>AGE 50+</p> <p>Talk with your PCP about:</p>
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Cervical cancer screening 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Cervical cancer screening <input checked="" type="checkbox"/> Breast cancer screening <input checked="" type="checkbox"/> Colorectal cancer screening <input checked="" type="checkbox"/> Prostate cancer screening 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Cervical cancer screening <input checked="" type="checkbox"/> Breast cancer screening <input checked="" type="checkbox"/> Colorectal cancer screening <input checked="" type="checkbox"/> Prostate cancer screening <input checked="" type="checkbox"/> Lung cancer screening

Staying up to date on Cancer Screenings:

Getting these screening test regularly may find breast cancer, cervical, and colorectal (colon) cancers early and lung cancer is recommended for those at high risk.

Read Full Article at:
<https://coverage.bluecrossma.com/article/when-should-i-get-screened-cancer>

GRILLED VEGGIES

By: Loveandlemons



INGREDIENTS:

- 1 yellow squash
- 1 zucchini
- 8 ounces cremini mushrooms, stemmed
- 1 small red onion
- 1 red bell pepper
- 1 green bell pepper
- 1 ear fresh corn, cut into 1-inch rounds
- Extra virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper
- tzatziki, pesto, or Greek dressing for drizzling/serving

DIRECTIONS:

- Heat a grill to medium-high and spray with nonstick cooking spray.
- Cut the vegetables into similar sized chunks and thread onto 4 metal skewers.
- Drizzle with olive oil and season with salt and pepper.
- Grill the skewers for 8 minutes per side or until the vegetables are tender and lightly charred.
- Remove from the grill, season to taste, and serve with desired sauce or dressing.

Recipe Link: <https://www.loveandlemons.com/grilled-vegetables/#wprm-recipe-container-43114>