

Preventive care counts

Are your exams up to date?



Answer that basic question and you take an important step toward protecting your health. Preventive care saves lives by detecting potential problems early. Even healthy adults need regularly scheduled screenings.

The recommended preventive exams for Healthy Outcomes Wellness are:

- + Breast cancer screening every 12–24 months for women ages 50 to 74
- + Cervical cancer screening every 36 months for women ages 21 to 64
- + Physical exam every 36 months for adults 19–39; every 12 months for those 40 and over
- + Colorectal cancer screening for all adults ages 50–75; options are a fecal occult blood test every year, a sigmoidoscopy every 5 years or a colonoscopy every 10 years

Your Healthy Outcomes homepage has tools to help you track whether you are up to date with these screenings. Some guidelines may vary depending on your medical history, so talk to your doctor about which preventive measures are currently recommended for your specific situation.

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Learn more about preventive care.

Log in or register at [BlueConnectNC.com](https://www.blueconnectnc.com) and click on Wellness.

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