

Talk with your Primary Care Provider (PCP)

You can talk with your PCP about health screenings. Try to be open about your health. Just remember, you're not the first person to have questions or concerns. Questions about your benefits? Just call **1-800-279-1878 (TTY: 711)**.

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

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Take care of you

A guide to health screenings
Aetna Better Health® of Virginia

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Keeping you healthy ♥

You can do a lot to help stay healthy. Getting your checkups and screenings is a great start. And remember, there is no cost to you for these screenings. You also may be able to get wellness rewards for completing important screenings, exams, and shots.

SCREENINGS	RECOMMENDATION
	Women
Breast cancer	Age 30 and older who are high risk: You should get a mammogram every year. Ages 40-44: You can choose to start with mammograms every year. Ages 45-45: You should get a mammogram every year. Ages 55 and older: You can switch to getting a mammogram every other year or continue yearly mammograms.
Cervical cancer	Ages 21-29: Pap test every three years Ages 30-65: Pap test with HPV test every five years or Pap test only every three years
Chlamydia and gonorrhea	Ages 24 and younger: for sexually active women Ages 25 and older: for sexually active women at increased risk for infection
Endometrial cancer	Talk with your PCP if you have unexpected vaginal bleeding at any age.
	Men
Prostate health	Men over 50 should have their prostate checked every year.
	All adults
Cholesterol	Ages 9-11: blood tests at least once during this time Ages 17-21: blood tests at least once during this time Ages 40-75: blood tests to check cholesterol and triglycerides when you have a 10-year cardiovascular event risk of 10% or more (ask your PCP about your risk)
Colorectal cancer	Ages 50-75: screening with one or more tests to find polyps (abnormal growths) and cancer Ages 76-85: Your PCP can help decide whether you should screen based on your health and screening history.
Glaucoma	Ages 61 and over (everyone), ages 41 and over (African Americans), and if you have a family history: dilated eye exam at least once every 2 years

SCREENINGS	RECOMMENDATION
	All adults
High blood pressure	Ages 18 and older: blood pressure measurement at annual checkups if you don't already have high blood pressure
Lung cancer	Ages 55-80: talk with PCP about screening every year if you have a history of smoking
Sexually transmitted diseases (STDs)	Talk to your PCP about screening based on sexual activity and risks.
Type 2 diabetes	Ages 40-70: screening for abnormal blood glucose if you're overweight/obese but have no other symptoms
VACCINES (shots)*	RECOMMENDATION
Chickenpox (Varicella)	Ages 12-15 months: first dose Ages 4-6: second dose Ages 13 and older: 2 doses at least 28 days apart if you never got the shot as a young child and have never had chickenpox
Flu shot	Ages 6 months and older: every year
Human papilloma virus (HPV)	Ages 11 or 12: routine series (shots at older ages are less effective) Ages 13-26: for those who have not started shots or started but not finished the series
Measles, mumps rubella (MMR)	Ages 12-15 months: first dose Ages 4-6: second dose Ages 18 and older: check with your PCP
Pneumonia	Pneumococcal vaccination is recommended for all children younger than 2 years old and all adults 65 years or older. In certain situations, older children and other adults should also get pneumococcal vaccines. Talk to your doctor about what is best for your specific situation.
Shingles (Zoster)	Healthy adults ages 50 and older: 2 doses of Shingrix®, 2-6 months apart
Tetanus, diphtheria, whooping cough	Babies/young children: DTaP at 2 months, 4 months, 6 months, 15-18 months, and 4-6 years Ages 11-12: one dose Tdap Adults: one dose Td every 10 years

*Some shots are not for people with certain health conditions — check with your PCP.