

Personal Screening Index

Staying up to date on preventive screening helps you stay healthy and strong. See the information below to learn more and talk to your doctor about which screenings are right for you.

Note: These recommendations aren't a substitute for your doctor's advice. Based on your individual needs, your doctor may recommend more- or less-frequent screenings.

Screening	Recommended if:
Blood pressure	You have hypertension (high blood pressure) or diabetes and your last blood pressure reading was too high. If you don't have high blood pressure, a screening is recommended every one to two years depending on your last reading.
Diabetes test	You have diabetes and are 18-75 years old. Specific tests may include: <ul style="list-style-type: none">• A blood sugar test called a hemoglobin A1c at least every six months.• A kidney disease (nephropathy) test every year.• A retinal eye exam every year or every other year if there were no problems at your last test. If you don't have diabetes, but your blood pressure is usually more than 135/80 mm Hg, a screening is recommended every three years.
Breast cancer screening	You're a woman 50-74 years old. Frequency: Every other year. This screening is a benefit for women 40 and older.
Colorectal cancer screenings	You're a man or woman 50-75 years old. Frequency: Every one to 10 years. Frequency varies by screening type. Fecal occult blood test is recommended annually, colonoscopy is recommended every 10 years, and flexible sigmoidoscopy is recommended every five years.
Bone mass density test	You're a woman age 65 or older or you're a man age 70 or older. Frequency: Every other year.
Body mass index	Frequency: Every two years for all ages.

Your Primary Care Provider (PCP)

HMSA believes it's important that you have a PCP to work with you to take care of your health. Choosing a PCP is one of the most important things you can do for your health. Having a PCP who knows you well and can coordinate your care leads to better care, health, and value. Don't have a PCP? Visit hmsa.com and click Find a Doctor.

Quick Reference Guide to Preventive Screenings

High blood pressure check/plan

A blood pressure check is recommended for everyone. A blood pressure plan is recommended for people whose most recent blood pressure test was high.

Diabetes checkup: Eye exam

A dilated retinal eye exam (which is different from a regular eye exam) looks for damage to the eye caused by high blood sugar and high blood pressure. If your blood sugar isn't controlled, it could cause blindness.

Diabetes checkup: Blood sugar test

A blood sugar test detects high blood sugar that can lead to heart attack, stroke, nerve damage, poor circulation, sexual dysfunction, kidney failure, and blindness.

Diabetes checkup: Kidney function test

A kidney function test looks at your kidneys' ability to filter blood.

Mammogram

A mammogram looks for abnormal cells in breast tissue that could lead to cancer.

Colorectal cancer screening

A colorectal cancer screening looks for abnormal cells and polyps in the colon and rectum that could lead to cancer. Your doctor can recommend which of these tests is right for you:

- A fecal occult blood test (FOBT).

- A flexible sigmoidoscopy.

- A colonoscopy.

Bone mass density

This test checks your risk for broken bones.

Body mass index (BMI)

BMI is a measure of body fat calculated from your weight and height. It's used to screen for excess weight that may lead to health problems.