

Personal Screening Index

Staying up-to-date on preventive screening helps you stay healthy and minimizes health care costs. See the list below to learn more.

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. 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 every three years.
Breast cancer screening	You're a woman 50-74 years old. Frequency: every other year.
Colorectal cancer screening	You're 50-75 years old (man or woman). Frequency: every one to 10 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	You're any age. Frequency: every two years.

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.

If you don't have a PCP:

- Visit hmsa.com and click Find a Doctor.
- Call us if you need help at 948-6000 on Oahu or 1 (800) 660-4672 toll-free on the Neighbor Islands and Mainland, 8 a.m. to 8 p.m., seven days a week.



Quick Reference Guide for Preventive Screenings

- **Mammogram**

A mammogram is recommended for women ages 50 to 74. The test looks for abnormal cells in breast tissue that could lead to cancer.

- **Colorectal cancer screening**

A colorectal cancer screening is recommended for people ages 50 to 75. This 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), which should be done every year.
- A flexible sigmoidoscopy, which should be done every five years.
- A colonoscopy, which should be done every 10 years.

- **Diabetes checkup: Eye exam**

A dilated retinal eye exam (which is different from a regular eye exam) is recommended for people with diabetes, ages 18 to 75. This exam looks for damage to the eye caused by high blood sugar and high blood pressure. If your blood sugar is not controlled, it could cause blindness.

- **Diabetes checkup: Blood sugar test**

A blood sugar test is recommended for people with diabetes, ages 18 to 75. High blood sugar can lead to heart attack, stroke, nerve damage, poor circulation, sexual dysfunction, kidney failure, and blindness.

- **Diabetes checkup: Cholesterol test**

A cholesterol test is recommended for people with diabetes, ages 18 to 75.

- **Diabetes checkup: Kidney function test**

A kidney function test is recommended for people with diabetes, ages 18 to 75. This test looks at your kidneys' ability to filter blood.

- **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.

- **Bone mass density**

This test checks your risk for broken bones. It's recommended for women over age 65 and men over age 70.

- **Body mass index (BMI)**

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