ADULTS AGE 21 TO 65
PERSONAL SCREENING CHECKLIST
Here are preventive health screening recommendations for:

Member’s name: _________________________________________________________

Note: This checklist isn’t a substitute for your doctor’s advice. Your doctor may recommend more or less frequent screenings based on your individual needs.

<table>
<thead>
<tr>
<th>Recommended Screening</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood pressure</td>
<td>If 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, every one to three years depending on your last blood pressure reading.</td>
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<tr>
<td>Body mass index</td>
<td>Everyone at least every two years.</td>
</tr>
<tr>
<td>Breast cancer screening</td>
<td>If you’re a woman 50–74 years old, at least every other year.</td>
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<tr>
<td>Cervical cancer screening</td>
<td>If you’re a woman 21–65 years old, a Pap smear every three years. If you’re over 30, you could have a Pap smear combined with an HPV test every five years instead.</td>
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<tr>
<td>Colorectal cancer screening</td>
<td>If you’re 50–75 years old (man or woman), every one to 10 years depending on the test used.</td>
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<tr>
<td>Diabetes test</td>
<td>If you have diabetes:</td>
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<tr>
<td></td>
<td>• A blood sugar test called a hemoglobin A1c test every six months.</td>
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<tr>
<td></td>
<td>• A kidney disease (nephropathy) test every year.</td>
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<tr>
<td></td>
<td>• A retinal eye exam every year or every other year if there were no problems with your last test.</td>
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<tr>
<td></td>
<td>If you don’t have diabetes and you’re 40 years old or older or if you’re younger but overweight or in poor health, you should get screened for diabetes every three years.</td>
</tr>
</tbody>
</table>

Your Primary Care Provider (PCP)
We believe it’s important that you have a PCP to work with you to take care of your health.
**If you have a PCP:** Schedule your next appointment now.

My PCP’s name:_____________________________________________________________________________

Make appointment by: ________________________________________________________________________

**If you don’t have a PCP:**
- Visit hmsa.com and click Find a Doctor.
- If you need help, call us at 948-6499 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands and Mainland, Monday through Friday, 7 a.m. to 7 p.m. or Saturday, 9 a.m. to 1 p.m.
Blood pressure check
A blood pressure check is recommended for everyone. A blood pressure plan is recommended for people whose most recent blood pressure test was high.

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.

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

Cervical cancer screening
These tests are recommended for women ages 21 to 65. There are two tests. A Pap smear looks for abnormal changes in cells in the cervix that could lead to cancer. An HPV test looks for a virus that causes cervical 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. Since there are different tests, your doctor can recommend which test is right for you.

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

Diabetes checkup: Eye exam
A dilated retinal eye exam (which is different from a regular eye exam) is recommended for people with diabetes. This exam looks for damage to the eye caused by high blood sugar and high blood pressure.

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.