

# 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.*

Recommended Screening	Details
<input type="checkbox"/> Blood pressure	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.
<input type="checkbox"/> Body mass index	Everyone at least every two years.
<input type="checkbox"/> Bone mass density test	If you're a woman age 65 and older or if you're a man age 70 and older, every other year to screen for osteoporosis.
<input type="checkbox"/> Breast cancer screening	If you're a woman 50–74 years old, at least every other year.
<input type="checkbox"/> Colorectal cancer screening	If you're 50–75 years old (man or woman), every one to 10 years depending on the test used.
<input type="checkbox"/> Diabetes test	If you have diabetes: <ul style="list-style-type: none"> <li>• A blood sugar test called a hemoglobin A1c test every six months.</li> <li>• A kidney disease (nephropathy) test every year.</li> <li>• A retinal eye exam every year or every other year if there were no problems with your last test.</li> </ul> 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.

## 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](https://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.

# Quick Reference Guide for Preventive Screenings

## **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.

## **Bone mass density**

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

## **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.

## **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.

