



# Keeping a pulse on your health



**Preventive screening tests are among the most important things you can do to protect your health.**

Screenings can help find diseases early, when they may be easiest to treat and before you have symptoms. Talk to your doctor about whether—and when—you should get these common screening tests based on your age, health history and other personal risk factors.



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## Improve Your Health! Here are some common screenings...

Screening	Purpose of Test	What You Should Know
<b>Blood Pressure</b>	Regular checks are the only way to tell if your blood pressure is out of the target range. High levels increase the risk for heart disease and stroke.	Blood pressure checks should be done at every visit to your healthcare provider.
<b>Cholesterol</b>	A blood test that measures the cholesterol (type of fat) in your blood. High levels may increase the risk of cardiovascular disease.	Testing should occur every 4-6 years for those not diagnosed with heart disease. Ask your doctor if you should get tested more frequently based on your risk.
<b>Colon Cancer Screening (Colonoscopy)</b>	A thin lighted scope helps find polyps in the colon that may become cancerous. If polyps are removed, cancer can be prevented.	There are other screening tests available besides colonoscopy. Talk to your doctor about which test is best for you.
<b>Breast Cancer Screening (Mammogram)</b>	A low-dose X-ray of the breasts. May detect early breast cancer and some conditions that can lead to breast cancer.	Talk to your doctor about when it's best to get screened, based on your age, personal and family history, genetics and other risk factors.
<b>Cervical Cancer Screening (Pap Smear) with/without HPV testing</b>	A test that collects cells from the cervix to look for changes and/or the human papillomavirus (HPV, the most common STD infection) that may lead to cervical cancer.	Your doctor can tell you when to start getting Pap smears, how often you should have them, and if you should have HPV testing.
<b>Physical Exam</b>	Allows you and your doctor to assess your overall health, keep tabs on conditions you may have, ensure you're up-to-date on age-appropriate and risk-based screenings and immunizations.	Bring a list of medications and supplements you take, including dose and frequency. Discuss any personal or family health history changes.
<b>Glucose (Diabetes Screening)</b>	A blood test that measures the amount of glucose (blood sugar) in your blood. High levels may increase the risk of diabetes.	Your doctor will tell you how often you should get your glucose checked. There is an additional type of blood test that screens for diabetes risk called HbA1c which may also be recommended.
<b>Osteoporosis Screening</b>	A bone density test that can reveal early signs of bone loss and assess your risk for osteoporosis.	Talk to your doctor about when you should be screened based on risk factors, and personal and family health history.
<b>Prostate Screening</b>	A prostate specific antigen test (PSA) measures the level of PSA—created by the prostate—in the blood.	Current recommendations for prostate cancer screening are largely based on a man's age and risk factors. Your doctor will advise when you should be tested.
<b>Skin Cancer Screening</b>	A doctor will perform a full-body skin exam looking for moles, birthmarks, or other pigmented areas that look abnormal in color, size, shape, or texture.	If your doctor notices something abnormal, they may recommend further testing. Performing your own regular skin checks can be helpful to find abnormalities early. If you see something questionable, call your doctor.
<b>Dental Cleaning</b>	Visit at least twice a year for a thorough cleaning and exam to maintain oral health and resolve any issues before they get out of hand.	Most dental insurance covers the cost of two visits per year to an in-network doctor. Check with your insurance company to review your benefits.
<b>Vision Exam</b>	Regular eye exams are an important part of maintaining good health. They help to assess and monitor your vision as well as your risk for eye diseases.	Choose an eye doctor or eye care professional based on your specific needs and medical history.

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