

# Prevention and Screening



## Preventive Care Checklist

The goal of preventive care is to help you safeguard against health problems and catch illnesses in the early stages of development. Preventive care includes health services such as screenings, check-ups and patient counseling used to prevent disease and other problems or to detect them at an early stage when treatment is likely to work best. Getting recommended preventive services and making healthy lifestyle choices are key steps to good health and well-being.

Preventive care can help you stay healthier throughout your life. For employees enrolled in a Caterpillar health plan, many preventive health care benefits are available at no cost—meaning no copays or deductibles! Check with your insurance provider to find out which preventive services are covered by your plan, then ask your doctor which screenings are recommended to help you be and stay healthy.

Prevention Checklist - General		
All Adults 18+	Physical exam	Annually
	Flu shot	Annually, in fall
	Other immunizations	Consult your physician
	Dental exam and cleaning	Every six months or annually
	Blood pressure check	At least every one to two years
All Women 18+	Reproductive health screening	Annual pelvic exam and periodic screenings such as Pap tests
All Adults 40+	Baseline eye disease screening	Once at age 40; your ophthalmologist will tell you how often to have follow-up exams based on the results
	Pneumonia vaccine	Once at age 65, then follow-up vaccine one year later
All Men 40+	Cholesterol screening	Every five years
	Abdominal aortic aneurysm (AAA)	Once for men between ages 65 and 75 who have ever smoked
All Women 40+	Mammogram	Every one to two years

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Prevention Checklist – Depending on Your Health History and Needs		
Adults 18+	Vision exam	If you have vision problems or wear corrective lenses
	Diabetes/Blood glucose screening	If you are overweight or have risk factors for diabetes or high blood pressure
	Cholesterol screening	If you smoke, are overweight, or have risk factors for heart disease, high blood pressure, or diabetes
	Skin exam	Periodically, if you have risk factors for skin cancer
	STD screening	If you have risk factors for sexually transmitted diseases
	Alcohol screening	If you are concerned about your drinking
	Depression screening	If you have been feeling sad, down, or hopeless
Adults 40+	Colon cancer screening	Starting at age 50, either colonoscopy every 10 years or FIT test annually
	Lung cancer screening	Annually for those between ages 55 and 80 who smoke now, have a history of heavy smoking, or have quit within the past 15 years
	Hepatitis C screening	Once if born between 1945 and 1965
Women 40+	Bone density screening	Once at age 65, or earlier if you have risk factors for osteoporosis

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Prevention Checklist – Children		
All Children	Physical exam	Annually for children 3+, more frequently as recommended by your physician for children under 3
	Blood pressure check	Measure blood pressure during regular check-ups beginning at age 3
	Flu shot	Annually in the fall for children 6 months+
	Other immunizations	Consult your physician
	Dental exam and cleaning	Every six months or annually for children 6 months+
	Vision exam	Start by age 3
	Developmental screening	At 9 months, 18 months, and 24/30 months or if there is a concern
	Depression screening	Start at age 12, even if you don't see signs of a problem
	Hearing screening	If your baby did not pass the newborn hearing screening or if you have concerns about your child's hearing
	Lead screening	Children under 6 living in older housing (built before 1978) and according to local requirements
	Skin exam	Children 10+ with fair skin
STD screening	If you child is sexually active or at increased risk	

Sources: Centers for Disease Control and Prevention ([cdc.gov](http://cdc.gov)), Castlight ([my.castlighthealth.com](http://my.castlighthealth.com)), American Academy of Ophthalmology ([aao.org](http://aao.org))