

Health Screening Schedule

Because improving and maintaining your health are important, the schedule below is a recommended timeline for routine health screenings. It does not replace the care of your provider or guarantee insurance coverage. Your provider may order other screening tests based on your unique risks.

Preventive Service	Age	Frequency
Bone mineral density screening (DEXA scan)	Women 65-85	Every 2 years
Cervical cancer screening (Pap test)	21-65	Every 3 years*
Colorectal cancer screening	50-75	Colonoscopy every 10 years, sigmoidoscopy every 5 years, Cologuard every 3 years or fecal immunochemical test (FIT) annually
Dental checkup	All	Twice a year
Depression screening	18+	Regularly if at risk
Flu vaccination	6 months+	Every year
Breast cancer screening (mammogram)	40-49	Provider recommendation
	50+	Every 2 years
Physical examination (weight, height, BMI, blood pressure, etc.)	All	Every year
Pneumonia vaccination	65+	Provider recommendation
Preventive screening labs (fasting glucose, cholesterol, etc.)	18+	Every year
Shingles vaccination	50+	Once in lifetime
Skin cancer screening	Provider recommendation	Provider recommendation
Tetanus vaccination	18+	Every 10 years
	20+	Every 1-2 years
	High risk of glaucoma	Every year
Vision exam	Diabetic patients	Every year

Please consult your provider for medical guidance and contact your health plan for information about benefits

*Depending on HPV co-testing

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Wellness Tracker

Health Action	Appointment Date and Time
Colorectal Cancer Screening There are several different tests to screen for colorectal cancer. Ask your healthcare provider which test is best for you.	_____
Breast Cancer Screening (Mammogram) A mammogram can detect breast cancer early and save lives. Schedule yours by calling 321.434.6712	_____
Diabetic Eye Exam Complete an annual diabetic eye exam to monitor vision and prevent complications, including blindness. Visit myHFHP.org/directory to find an ophthalmologist or optometrist in your area.	_____
Diabetic A1C Blood Test Get your A1C blood test at least once per year. This helps monitor your sugar levels to assist your provider to properly treat condition.	_____
Diabetic Urine Test Have a urine test every year to monitor your kidney health.	_____
Cervical Cancer Screening (Pap test) Cervical cancer can be detected in its early stages. Talk with your provider about this screening, as it is recommended every three to five years.	_____
Annual Flu Vaccine Your annual vaccine is available just before flu season at most retail pharmacies or at your provider's office.	_____

Now you can earn points and redeem gift cards for your healthy actions through our member incentive program. To see what preventive screenings can earn you points, log in to myHFHP.org/welcome and click on CaféWell®.

If you have any questions, call Customer Service at 321.615.9420 (TTY/TDD relay 1.800.955.8771)*.

Available weekdays from 8 a.m. to 8 p.m. and Saturdays from 8 a.m. to noon. From October 1 to March 31, weekdays from 8 a.m. to 8 p.m.

Use this section to keep track of your current medications and to share them with your healthcare providers.

Name of Medication	Purpose or Reason Taken	Dose	Time(s) of Day	Special Instructions
Example: Vasotec 5 mg	High blood pressure	One tablet twice a day	7 a.m. 7 p.m.	Take with food
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____