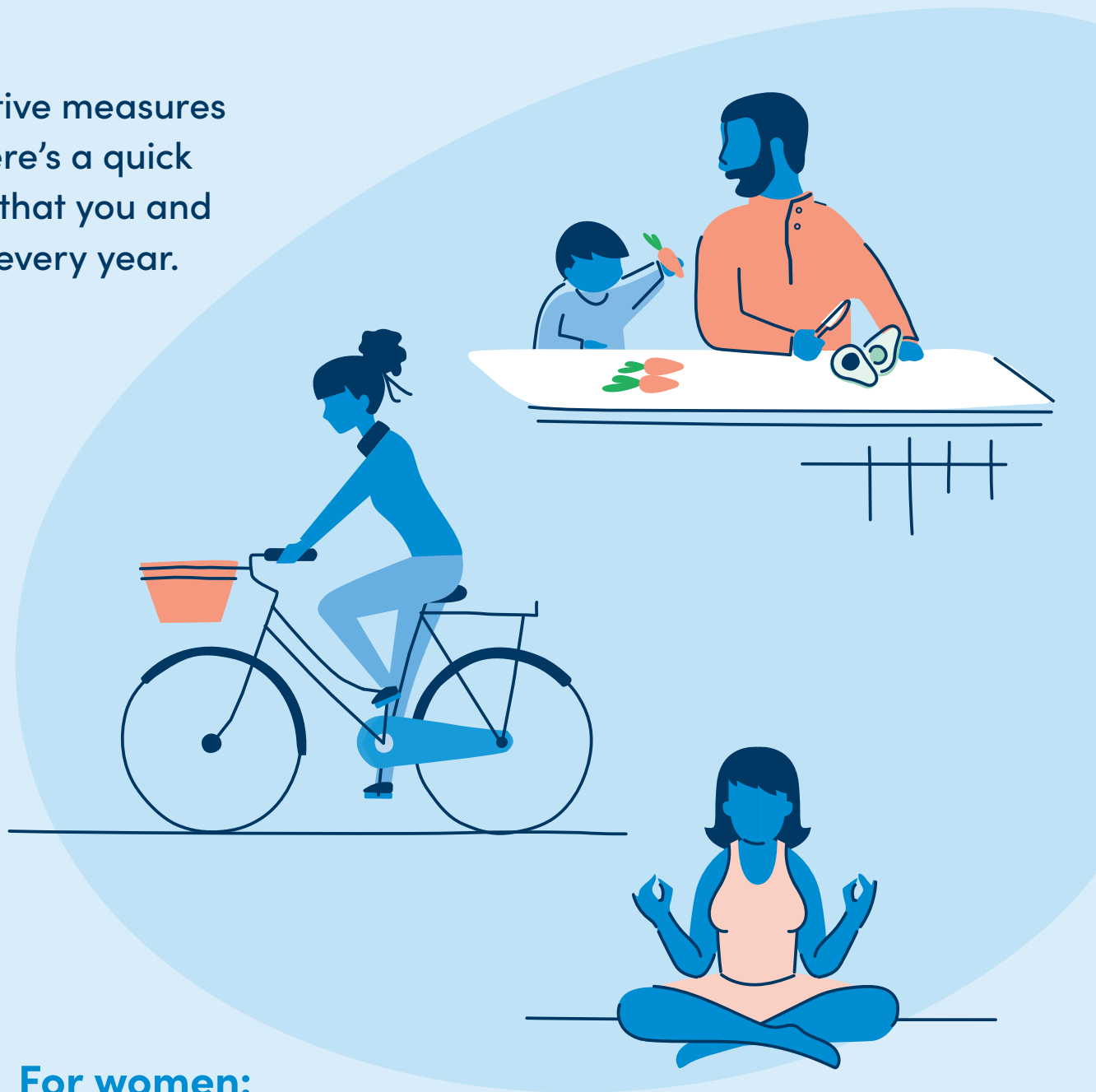


# Stay on top of your health.

It's important to take preventive measures each year to stay healthy. Here's a quick guide to the preventive care that you and your family should schedule every year.



## For everyone:

- Annual wellness visit
- Immunizations
- Lab work
- Dental exam
- Eye exam

## For women:

- Breast cancer screening
- Cervical cancer screening

## For men and women:

- Colorectal cancer screening

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Ask your doctor about scheduling today.

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Because Life.™

This information is intended to provide general information only and does not attempt to give you advice that relates to your specific circumstances. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions or concerns regarding your medical condition(s).

Check your member materials for details. As part of your health plan, you may be eligible to receive some of these preventive benefits with little to no cost sharing when using in-network providers. Make sure you know what is covered by your health plan and any requirements before you receive services any services. Call the Member Services number on the back of your insurance card.

Health benefits or health benefit administration may be provided by or through Highmark Blue Shield, Highmark Benefits Group, Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company, all of which are independent licensees of the Blue Cross Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al 1-877-959-2563.

如果您说中文，可向您提供免费语言协助服务。請致電 1-877-959-2563。