

PREVENTIVE CHECKLIST FOR YOUR HEALTH & WELLNESS



FORWARD MOTION

No Heart Attacks, Strokes, Stage 3 to 4 Cancers, Diabetes

- Know Your Numbers - Change The Outcome
- Do Your Screenings Today, Live Tomorrow
- Navigate to Quality Health Care, Using Compass
- Act Today for a Remarkable Tomorrow

Created by and Specifically for:



WOMEN'S ANNUAL WELLNESS PREVENTIVE CHECKLIST

Following are the basic preventive measures that women should take to prevent common, yet potentially serious health issues.

KNOW YOUR NUMBERS AND GET THEM TO GOAL! EVEN THOUGH YOU "FEEL FINE", YOUR NUMBERS CAN PREDICT TROUBLE LATER!

My Blood Pressure (Avoid strokes, kidney & heart failure)	____/____	on ____/____/____	Goal: < 130/80
My Total Cholesterol (Avoid heart attacks & strokes)	_____	on ____/____/____	Goal: < 200mg/dl
My Triglycerides (Avoid heart attacks & strokes)	_____	on ____/____/____	Goal: < 150mg/dl
My LDL (Avoid heart attacks, strokes, & aneurysms)	_____	on ____/____/____	Goal: < 100mg/dl
My HDL (Higher is better to protect from problems)	_____	on ____/____/____	Goal: > 60mg/dl
My A1c (Avoid diabetes, blindness, kidney failure, & amputations)	_____	on ____/____/____	Goal: < 5.7% A1c or < 100mg fasting blood glucose level
My Waist Circumference (Avoid diabetes, heart attacks, strokes)	_____	on ____/____/____	Goal < 35 inches

Wellness Exam: Annual wellness exam is covered at 100%, no deductible, if at an in-network provider. See preparation checklist at the back of this brochure.

Well Women Visits

Gynecology exams – Get the peace of mind that everything is doing well in your body!

Recommendation: The United States Preventive Task Force (USPTF) recommends annual gynecology exams.

Hydro-Gear Plan: Covers any age at 100%, no deductible, if at an in-network provider.

Cervical Cancer (routine pap) screening - Thousands of women die because they did not get this test every year.

Recommendation: USPTF suggests this be done every 3 years between the ages of 21 and 65.

Hydro-Gear Plan: Covers any age, once per year at 100%, no deductible, if at an in-network provider.

Cholesterol screening – Know Your Numbers & Get them to Goal!

Recommendation: USPTF recommends this annually for women ages 20-45 with increased risk for coronary artery disease, and annually for women over 45, regardless of coronary artery disease risk.

Hydro-Gear Plan: Covers anyone 19 years and older, once per year, at 100%, no deductible, if at an in-network provider. This is also included in Hydro-Gear's biometric screenings held every other year.

Mammogram - About 1 in 8 U.S. women develop invasive breast cancer over the course of a lifetime – Catching it early is the key!

Recommendation: USPTF recommends women over 40 to have a mammogram every 1-2 years.

Hydro-Gear Plan: Covers any age, 100%, no deductible if performed at an in-network provider, including 3D mammograms. Hydro-Gear's Plan encourages you to do as your doctor recommends, so start early if there is a family history. Hydro-gear offers on-site Mobile Mammograms annually at Sullivan and Princeton locations.

Flu Shot – 80,000 Americans died in 2017 – 2018 of the Flu. Getting immunized decreases your risk!

Recommendation: USPTF recommends annual flu shots.

Hydro-Gear Plan: Covers annually at 100%, no deductible, if performed at an in-network provider. On-site flu shots are offered to employees annually at Sullivan and Princeton locations.

Dental Care – Good oral health care reduces the risk of heart disease, sinus & lung problems, and even cancer.

Hydro-Gear Dental Plan: Covers a cleaning and exam every 6 months, at 100%, no deductible if at an in-network provider.

Colorectal Cancer screening (Colonoscopy)

Recommendation: USPTF recommends screening starting at age 50.

Hydro-Gear Plan: Covers one colonoscopy for anyone over age 50, every five years, or any age as recommended by a doctor due to a family history of colon cancer at 100%, no deductible, regardless of diagnosis, if at an in-network provider. This also includes associated routine and diagnostic services. Hydro-Gear's Plan encourages you to do as your doctor recommends, so start early if there is a family history.

MEN'S ANNUAL WELLNESS PREVENTIVE CHECKLIST

Following are the basic preventive measures that men should take to prevent common, yet potentially serious health issues.

KNOW YOUR NUMBERS AND GET THEM TO GOAL! EVEN THOUGH YOU "FEEL FINE", YOUR NUMBERS CAN PREDICT TROUBLE LATER!

My Blood Pressure (Avoid strokes, kidney & heart failure)	____/____	on ____/____/____	Goal: < 130/80
My Total Cholesterol (Avoid heart attacks & strokes)	_____	on ____/____/____	Goal: < 200mg/dl
My Triglycerides (Avoid heart attacks & strokes)	_____	on ____/____/____	Goal: < 150mg/dl
My LDL (Avoid heart attacks, strokes, & aneurysms)	_____	on ____/____/____	Goal: < 100mg/dl
My HDL (Higher is better to protect from problems)	_____	on ____/____/____	Goal: > 50mg/dl
My A1c (Avoid diabetes, blindness, kidney failure, & amputations)	_____	on ____/____/____	Goal: < 5.7% A1c or < 100mg fasting blood glucose level
My Waist Circumference (Avoid diabetes, heart attacks, strokes)	_____	on ____/____/____	Goal < 40 inches

Wellness Exam: Annual wellness exam is covered at 100%, no deductible, if at an in-network provider. The wellness exam for men should include a prostate exam and a testicular exam in addition to regular visit. See preparation checklist at the back of this brochure.

Cholesterol screening – Know Your Numbers & Get them to Goal!

Recommendation: The United States Preventive Task Force (USPTF) recommends this annually for men ages 20-35 with increased risk for coronary artery disease, and annually for men over 35, regardless of coronary artery disease risk.

Hydro-Gear Plan: Covers anyone 19 years and older, once per year, at 100%, no deductible, if at an in-network provider. This is also included in Hydro-Gear's biometric screenings held every other year.

Flu Shot – 80,000 Americans died in 2017 – 2018 of the Flu. Getting immunized decreases your risk!

Recommendation: USPTF recommends annual flu shots.

Hydro-Gear Plan: Covers annually at 100%, no deductible, if performed at an in-network provider. On-site flu shots are offered annually at Sullivan and Princeton facilities.

Prostate-Specific Antigen (PSA) Test - Detect Prostate Cancer early!

Recommendation: USPTF recommends that for men aged 55 to 69 years, the decision to undergo periodic prostate-specific antigen (PSA) should be an individual one. Talk to your doctor about whether you should have a PSA test.

Hydro-Gear Plan: Covers annually at 100%, no deductible, if performed at an in-network provider.

Dental Care – Good oral health reduces the risk of heart disease, sinus & lung problems, and even cancer.

Hydro-Gear Dental Plan: Covers a cleaning and exam every 6 months, at 100%, no deductible if at an in network provider.

Colorectal Cancer screening (Colonoscopy)

Recommendation: USPTF recommends screening starting at age 50.

Hydro-Gear Plan: Covers one colonoscopy for anyone over age 50, every five years, or any age as recommended by a doctor due to a family history of colon cancer at 100%, no deductible, regardless of diagnosis, if at an in-network provider. This also includes associated routine and diagnostic services. Hydro-Gear's Plan encourages you to do as your doctor recommends, so start early if there is a family history.

PREPARATION CHECKLIST FOR YOUR ANNUAL EXAM

1. **Find a doctor if you do not have one:** If you do not have a primary care doctor, Hydro-Gear has added the services of Compass to help you find a quality, in-network provider. Contact Cedric at (800) 513-1667, ext. 5565 or email Cedric.Harris@compassphs.com to help you. He can even make the appointment for you! Be sure to remind your doctor's office that this is for your annual WELLNESS exam!
2. **Bring a list of medications:** All of your medications taken regularly, with dosage and times per day, including over the counter supplements and herbal remedies.
3. **Bring a list of concerns:** Write down all of your concerns about your health. Aches/pains, sleeping issues, if it bothers you, write them down and bring them with you. Don't take the chance of forgetting!
4. **Bring your family medical history:** Any medical issues in your family history could be genetic and the doctors need to be aware so that they can provide ideas to help you reduce your risks, as well as, watch you for these medical issues.
5. **Bring your surgical history:** Your doctor needs to know what surgeries you have had before.
6. **Bring a list of other doctors you are seeing, including a chiropractor:** If you have a phone number, include that as well. Your doctor may want to coordinate care with your other physicians.
7. **Know your numbers and when you got them? Bring them with you.**
 - i. My Blood Pressure was: _____ / _____ on _____ / _____ / _____
 - ii. My Total Cholesterol was: _____ on _____ / _____ / _____
 - iii. My Triglycerides were: _____ on _____ / _____ / _____
 - iv. My LDL was: _____ on _____ / _____ / _____
 - v. My HDL was: _____ on _____ / _____ / _____
 - vi. My A1c was: _____ on _____ / _____ / _____
8. **Ask your questions!** Remember you are the center of your healthcare team! Be your own advocate and ask questions if you are not sure. Sample questions:
 - a. What are the preventive screenings that I should be getting?
 - b. Am I at risk for diabetes?
 - c. Am I at risk for coronary artery disease?
 - d. What in my family history should I be concerned about? What should I watch for?
 - e. How often do I need to obtain a new test to update the results?
 - f. Ask the doctor what your numbers mean for you. Write down suggestions to help improve your health!
 - g. Write specific questions/concerns for your doctor so you remember to ask them.

Write down your doctor's recommended plan for your health! Make sure you understand and agree with the plan. Then be sure to follow it!



CHILDREN

Keeping up on your child(ren)'s health is just as important!
Check out the recommendations at
<https://www.healthcare.gov/preventive-care-children/>
and discuss your child(ren)'s recommended health plan with your pediatrician.

