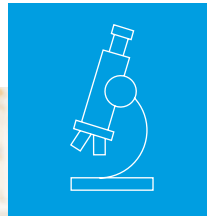
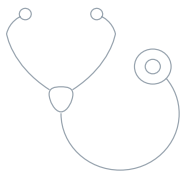


Keeping a pulse on your health



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.



[Learn more >](#)

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Improve Your Health!

Here are some common screenings...

Screening	Purpose of Test	What You Should Know
Blood Pressure	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.
Cholesterol	A blood test 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.
Colonoscopy	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.
Mammogram	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.
Cervical Cancer Screening (Pap Smear) with/ without HPV testing	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.

Your Personal Health Advocate can help explain tests, answer questions, find a Spanish-speaking doctor, set up appointments, tell you about your health plan coverage and much more. You, your spouse, dependents, parents and parents-in-law can all use this service provided by your employer. Remember, the service is completely confidential and free!



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