

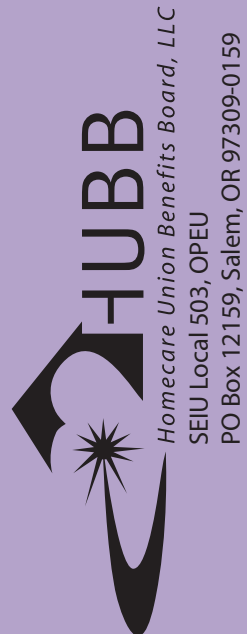
Far too many of us look at the doctor's office or our health plan as something that is only there when we are sick. Yes your HUBB plan is there when you or an insured family member is sick and needs medical attention, but your health plan is more than that. Your health plan can help you prevent health issues, not just deal with them when they come up.

Prevention works! Do all that you can to promote good health and well-being. Practice preventive care by following a healthy lifestyle and staying up-to-date with recommended screening tests and immunizations.

Preventive care guidelines are simple but important choices you can make to live a longer and healthier life.

These guidelines are for generally healthy people. If you have ongoing health problems, special health needs or risks, or if certain conditions run in your family, your prevention plan may be somewhat different. You and your doctor can work together to make a plan that's right for you.

*The HUBB team
1.866.364.HUBB (4822)
www.hubbinsurance.org*



Pre·ven·tion:

The act of preventing disease or poor health through proactive measures.



Recommended adult **PREVENTION** schedule



Lifestyle Practices

Tobacco use: Avoid or quite tobacco use, including second hand exposure.

Stress Management: Keep track of life and family stress. Studies have shown many links between emotional and physical health. Your doctor can recommend a plan to keep all of your life in balance.

Exercise: At least 60 minutes of moderate exercise on most days

Diet: Choose foods low in fat with eight or more servings of vegetables and fruits every day: consider portion sizes

Safety: Use seatbelts, bicycle helmets, and smoke detectors; store guns properly

Alcohol use: If you drink alcohol, do so in moderation and don't drink and drive

Sexuality: Discuss sexual practices, sexually transmitted disease prevention, and family planning with your health provider.

Screening Tests

All Adults:

Hypertension: Check blood pressure every two years

Diabetes: Discuss with health care provider

Colon Cancer: Hemocult every year after your 50th birthday

Men:

Cholesterol: (ages 20-35) check once
(ages 35+) check every five years

Prostate cancer: (50-70) discuss with health care provider

Women:

Cholesterol: (ages 20-45) check once,
(age 50+) check every 5 years

Cervical Cancer: Pap test every 3 years

Chlamydia: (ages 20-25) test every year

Breast Cancer: (ages 40-65) Mammogram every 2 years
(ages 65+) discuss with your doctor

Osteoporosis: (ages 20-65+) Regular exercise, calcium, vitamin D, discuss with health care provider. (age 65+) Bone Densitometry once

Office Visits

Regular Physicals

All adults should visit their primary care physician once a year. This is a great time to check in about your wellness plan and screening schedule.

Dental Care

Both Kaiser & ODS cover your annual check up and two teeth cleanings a year for healthy adults. Additional cleanings are available to members with diabetes or pregnant women.

Start talking to your provider and set up a prevention plan today!

Kaiser Permanente www.kaiserpermanente.org		ODS Companies www.odscompanies.com	
Customer Service		Customer Service	
(Main)	800.813.2000	(Pharmacy)	888.361.1601
(TTY)	800.735.2900	(Medical)	877.605.3229
		(Dental)	877.277.7280
		(TTY)	800.433.6313