



THE IMPORTANCE OF PREVENTATIVE SCREENINGS

Employees should regularly meet with their doctors to discuss their overall health and get preventive care. Preventive screenings help detect disease and illness earlier, often leading to a better diagnosis and faster recovery.

The frequency of screenings is based on many factors such as family history. It is recommended to discuss this with your Primary Care Physician (PCP). For instructions on how to find a PCP in our network, [click here](#).



TIP! Most preventative screenings are 100% covered under the Jones Benefits Plan! If you have questions, contact your [HR Liaison](#).

You can also receive \$50 from Met Life for taking an eligible preventive screening!

The following screenings are recommended for employees to maintain good health and catch health problems early:



Eye Exams: Determine whether you need glasses or contacts, and identify vision problems such as glaucoma, macular degeneration, and cataracts.



Skin Exams: Examine skin for moles that are at risk of developing into skin cancer. You should have a skin exam every three years between ages 20-40, and annually thereafter.



Blood Pressure: Blood pressure screenings can lead to early detection of high blood pressure (hypertension).



Cholesterol Screening: High levels of cholesterol raise the risk of heart attack and stroke.



Blood Sugar/Glucose Test: A blood sugar test measures sugar (glucose) levels in the blood - high glucose levels can be an indication of diabetes.

WOMEN'S HEALTH

Bone Density Test: Measures the density of your bones (lower back, hip, wrist, and heel) to determine if you are at risk of developing osteoporosis.

Cancer Screenings:

- Mammogram (Breast Cancer)
- Pap Smears (Cervical Cancer)
- Colonoscopy (Colorectal Cancer)

Pelvic Exams: Allows doctors to identify possible illness within organs including the uterus, cervix, fallopian tubes, ovaries, bladder, and rectum.

MEN'S HEALTH

Body Measurement: The American Heart Association recommends that men over age 20 have body measurements taken every two years to measure height, weight, waist, and body mass index. These measurements can help determine if your weight is a risk to your health.

Cancer Screenings:

- Colonoscopy (Colorectal Cancer)
- PSA (Prostate and Testicular Cancer)