



Preventive Screenings

Regular health exams and screenings are important because they can help to identify potential health problems in the early stages, when they may be easier to treat. Preventive health screenings may also act as a springboard for you and your healthcare provider to develop an action plan to address current health challenges and to prevent new problems from occurring in the future.

Getting regular health screenings and checkups is a fundamental part of being a savvy healthcare consumer. Your health, ultimately, is not your healthcare provider's responsibility, but your own and paying attention to important health screenings is one of the most important things you can do to live a long and vital life.

Below, you'll find screening guidelines for both men and women. Read this information carefully, and be sure you make regular preventive screenings a part of your healthcare regimen.

Men's Screenings:

Cholesterol
Blood Pressure
Colorectal Cancer
Sexually Transmitted Disease
Prostate Cancer

Women's Screenings:

Mammogram
Pap Smear
Cholesterol
Blood Pressure
Colorectal Cancer
Osteoporosis
Chlamydia and other STD's

Talk to your healthcare provider about when these tests should be performed and keep a record of the month and year the test is done.

If you would like more information, please contact
Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com



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