

A Checklist for Wellness

The Tools You Need to Get Healthy and Stay That Way



What are the keys to staying healthy and preventing disease?

- Get recommended screening tests.
- Be tobacco-free.
- Be physically active.
- Eat a healthy diet.
- Stay at a healthy weight.
- Take preventive medicines if your doctor prescribes them.

And at every checkup, you can talk with your doctor about how to stay healthy no matter what your age is. Remember to talk with your doctor to determine which tests are right for you based on your age, gender and family history. Deductibles (the amount you pay before your plan starts to pay), coinsurance (the percentage of the cost of your covered medical expenses after you meet your deductible) and/or copays may apply. Please see your coverage materials for details.

Use this checklist to talk with your doctor to determine what tests are right for you and to record details such as test date, results, next test date and questions to ask.

Your health plan focuses on helping to keep you well, rather than just providing coverage for covered illness or injury. For more detailed information about coverage of preventive care services and screenings, please refer to the Quick Reference Guide located on myCIGNA.com.

Test/Screening	Test Date	Recommendations/Average Range	My Results	Next Test Date	Notes/Questions
Periodic Physical, may include:					
Height					
Weight					
Body Mass Index (BMI)		18.5-24.9 ¹			
Waist Circumference		40 inches or less ¹			
Vision Screening					
Hearing Screening					
Blood Pressure (Systolic) ²		High: 140 or above Prehypertension: 120-139 Normal adult: 119 or below			
Blood Pressure (Diastolic) ²		High: 90 or above Prehypertension: 80-89 Normal adult: 79 or below			
Additional Recommended Screenings:					
Diabetes Screening (Glucose)		Ages 45+ and at any age if asymptomatic with sustained blood pressure greater than 135/80 Desirable range: Fasting blood sugar (glucose) less than 100 mg/dL			
Cholesterol/Lipid Disorders Screenings:					
– Cholesterol (Total) ³		Ages 35 and older or ages 20-35 if risk factors Desirable: Less than 200 mg/dL Borderline high: 200-239 mg/dL High: 240 mg/dL or higher			

Test/Screening	Test Date	Recommendations/Average Range	My Results	Next Test Date	Notes/Questions
Additional Recommended Screenings (continued):					
– HDL Cholesterol ¹		Desirable (High): More than 60 mg/dL Acceptable: 40-60 mg/dL Undesirable (Low): Less than 40 mg/dL			
– LDL Cholesterol ¹ <i>(Note: High risk individuals should discuss their goals with their doctor.)</i>		Desirable: Less than 100 mg/dL Near desirable: 100-129 mg/dL Borderline high: 130-159 mg/dL High: 160-189 mg/dL Very high: 190 mg/dL or higher			
– Triglycerides ³		Desirable: Less than 150 mg/dL Borderline desirable: 150-199 mg/dL High: 200-499 mg/dL Very high: 500 mg/dL or higher			
Prostate Screening		Once a year ages 50+			
Ultrasound for Abdominal Aortic Aneurysm (AAA)		Ages 65-75 who have smoked			
Colorectal Cancer Screening		Ages 50+			
Immunizations, including:					
Hepatitis A and B		Those at risk			
Influenza Vaccination		All adults annually			
Pneumonia Vaccination		Once for those ages 65+			
Tetanus Vaccination		Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11-64			
Varicella (chickenpox)		If no evidence of prior immunization or chickenpox			
Zoster		Ages 60+			

NOTE: The average ranges above are general recommendations. You should always talk with your doctor if you have any questions or health care concerns

This document does not guarantee coverage for all services and all plans have exclusions and limitations. For a complete list of both covered and not-covered services, including benefits required by your state, see your employer's insurance certificate or summary plan description.

¹ National Heart, Lung and Blood Institute; Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.

² National Heart, Lung and Blood Institute; Seventh Report of the Joint National Committee on Preventions, Detection, Evaluation and Treatment of High Blood Pressure (JNC7).

³ National Heart, Lung and Blood Institute; National Cholesterol Education Program, Adult Treatment Panel III, May 2001.

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– Triglycerides ³		Desirable: Less than 150 mg/dL Borderline desirable: 150-199 mg/dL High: 200-499 mg/dL Very high: 500 mg/dL or higher			
Pap Test		Within 3 years of sexual activity, or ages 21-64, at least every 3 years			
Chlamydia		Ages 24 and younger, if sexually active			
Mammogram		Once a year ages 40+			
Bone Density		Ages 65+, or 60 if at risk			
Colorectal Cancer Screening		Ages 50+			
Immunizations, including:					
Hepatitis A and B		Those at risk			
HPV		Ages 9-26			
Influenza Vaccination		All adults annually			
Pneumonia Vaccination		Once for those ages 65+			
Tetanus Vaccination		Tetanus/Diphtheria (TD) every 10 years; Tdap (for adult pertussis prevention) given once, ages 11-64			
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