

Prevention 101SM

Knowing What You Need and When to Get It



CALLING ALL WOMEN: Are you ready to take the important steps to a longer, healthier life?

Prevention 101 provides you with an easy to follow lifelong road map to stay on track to reach your destination of good health. The single most important way you can take care of yourself and those you love is to actively take part in your own health care by getting regular check-ups, preventive screening tests and immunizations. This guide will help you take charge of your health and be a decision-making partner with your health care provider.

Managing family, home and career can take a toll on a woman's well-being. Women often put others' needs ahead of their own, leaving little time to focus on their personal health. **YOU ARE WORTH taking 15 minutes and making that important call today to schedule your preventive physical examination and follow the path to good health.** You owe it to yourself and to your family and friends who care about you.

You need to be especially aware of your body and its changes to know your personal "normal." When you visit your health care provider, share your history, speak up, voice your concerns and always ask questions. If you are confused about recommended screenings, discuss them openly with your health care provider.

You have the power to practice prevention and live your life in a healthy, positive way...no matter what your age or state of health. Make the commitment to take care of yourself and share this valuable information with other women in your life of all ages.



STOP



CALL



SCHEDULE



What You Need

Prevention is the solution to better health, and the first step in prevention is protecting your health by getting your recommended exams and screenings. Follow the **At-A-Glance** guide below for an overview of your recommendations at every age.

AT-A-GLANCE RECOMMENDED EXAMS AND SCREENINGS FOR WOMEN

SCREENINGS AND EXAMS	AGES 19-39	AGES 40-49	AGES 50-64	AGES 65 & OLDER
GENERAL HEALTH				
Physical Exam	Every 1-2 years	Every 1-2 years	Annually	Annually
HEART HEALTH				
Weight/Height/BMI	Every 1-2 years	Every 1-2 year	Annually	Annually
Blood Pressure	Every 1-2 years; unless elevated	Every 1-2 years; unless elevated	Annually; unless elevated	Annually; unless elevated
Lipid Screening	Every five years beginning at age 20. More frequent testing for those at risk for cardiovascular disease.			
REPRODUCTIVE HEALTH				
Pelvic Exam	Annually	Annually	Annually	Annually
Pap Test	Every 1 to 3 years based on gynecological history beginning at age 21.			Based on risk factors
Chlamydia	Sexually active non-pregnant young women aged 24 and younger and for older non-pregnant women who are at risk.			
HIV/Sexually Transmitted Diseases Screening (gonorrhea, syphilis, herpes)	Based on risk factors			
Clinical Breast Exam by Health Care Provider	Annually	Annually	Annually	Annually
Mammography	Based on risk factors	Every 1-2 years for women age 40 and older		
BRCA Assessment/BRCA Mutation (Testing for breast and ovarian cancer susceptibility)	One time genetic assessment for breast and ovarian cancer susceptibility as recommended by your health care provider. Annual breast MRI if BRCA positive or immediate family of BRCA carrier but untested.			
IMMUNIZATIONS				
HPV Vaccine (Human papillomavirus)	Ages 9-26 One time 3-dose series	Not applicable		
Flu Shot	Annually	Annually	Annually	Annually
Other	Speak with your health care provider about other immunizations that may be recommended for you.			
MENTAL HEALTH				
Depression Screening	Annually	Annually	Annually	Annually
DIABETES SCREENING				
Blood Glucose (Sugar)	Based on risk factors	High-risk patients should be considered by their physician beginning at age 45 at 3-year intervals.		
COLORECTAL HEALTH				
Colorectal Cancer Screening	Based on risk factors	Based on risk factors	Every 1-10 yr based on screening	Based on risk factors
BONE HEALTH				
Bone Mineral Density	Based on risk factors	Based on risk factors	Based on risk factors	Every 2 years
VISION CARE				
Eye Exam	Once between the ages of 20-29, twice between the ages of 30-39	Baseline at age 40, then every 2-4 years	Every 2-4 years	Every 1-2 years
ORAL HEALTH				
Dental Exam	Professional cleaning and dental exam is recommended every 6 months			



BMI



BMI (Body Mass Index) is calculated from a person's weight and height and provides a reasonable indicator of body fatness and weight categories that may lead to health problems. Use the chart below to determine your BMI. For an **online BMI Calculator**, members can log onto our Member Web site and click on "Wellness Calculator" under the "Your Health" tab.

BMI CHART

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Normal							Overweight						Obese	
Height	Body Weight (pounds)													
4'11"	94	99	104	109	114	119	124	128	131	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

ADDITIONAL OBESITY SCREENINGS

Because obesity puts individuals at risk for a number of chronic conditions, the following screenings may be recommended for adults with a BMI over 30:

- Lipid profile
- Hemoglobin A1C
- Liver function tests
- Fasting glucose

Note

Be sure to remind your health care provider that you are being seen for your routine Preventive Health Care exam and/or screening(s) to ensure that your visit/screening is correctly coded and properly billed. The exams, screenings and immunizations listed on our Preventive Health Schedule may not be eligible for coverage or payment under your health insurance policy. If you have questions about your coverage for preventive care services, call the customer service telephone number on the back of your Member ID card.



Reproductive Health Information, Exams and Screenings



PELVIC EXAM

ALL WOMEN should get an **ANNUAL PELVIC EXAM** to check for any changes or infections. **A PAP SMEAR TEST** should be conducted every one to three years based on history. A Pap test is a screening to detect changes in the cells of the cervix (cancerous and precancerous) and is collected during a pelvic exam. If you've never had a Pap test, ask your health care provider to explain the procedure. This collected specimen is sent to a lab for testing.

How to Prep for Your Pap

- Try to schedule your Pap test on a day that you won't be having your period. The best time to get a Pap test is five days after your period has ended. If your period starts on the day of your appointment, you will need to reschedule.
- Don't have sexual intercourse for two days before your Pap test.
- Don't douche or use tampons, birth control foams or vaginal creams for two to three days before your test.
- Write down any problems you are having, or any questions you have for the health care provider, and take it to your appointment. If you have had previous abnormal Pap smear results, be sure to inform your health care provider.

HUMAN PAPILLOMAVIRUS (HPV) SCREENING may be done as part of a routine Pap test for women over age 30 and at risk. HPV

typically has no symptoms and may cause cervical cancer and other serious health problems if left untreated. This test is rarely recommended for women under age 30. Although the rate of HPV is higher among sexually active adolescents, the immune system clears the HPV infection within one to two years among most young women.

CHLAMYDIA SCREENING is recommended for sexually active non-pregnant young woman age 24 and younger, or older non-pregnant women who are at risk. Chlamydia, which can lead to infertility and other health risks, is an infection that spreads through sexual contact and is the fastest-spreading sexually transmitted disease. Discuss the screening options for Chlamydia with your health care provider.

ADDITIONAL SCREENINGS

Your health care provider may recommend additional screenings for Human Immunodeficiency Virus (HIV) and additional sexually transmitted diseases (STD), based on your sexual history, signs and symptoms. If you've been exposed to HIV or a STD, contact your health care provider, health clinic or a HIV/STD testing site near you. Most health care providers do not automatically test for HIV, Chlamydia or STDs during a physical exam, pelvic exam or while performing a Pap test. Discuss the screening options for HIV and STD with your health care provider.

WHAT IS THE HPV VACCINE?

The HPV vaccine protects females from the most common types of HPV that cause cervical cancer and genital warts. The vaccine is currently recommended for girls and women age 9 through 26 who have not been vaccinated.



Reproductive Health Information, Exams and Screenings



MAMMOGRAM

A mammogram is a simple X-ray test of the breasts used to screen for breast problems, such as a lump, and whether a lump is fluid-filled (a cyst) or a solid mass. A mammogram is important because you may not be able to feel a lump smaller than a pea or almond. Discuss with your health care provider when you should schedule your baseline (initial) mammogram and/or how often you need to have your follow-up mammograms.

OUR PREVENTIVE SCHEDULE recommends a mammogram every one to two years starting at age 40 or as recommended by your health care provider.

- **A SCREENING MAMMOGRAM** looks for breast cancer in women whose breasts appear to be healthy. Each breast is X-rayed at two different angles using conventional or digital technology. This is the mammogram needed by most women.
- **A DIAGNOSTIC MAMMOGRAM** is used to get a better look at any changes found during a screening mammogram. A diagnostic mammogram includes X-rays from various angles using conventional or digital technology, and gives your health care professional a more detailed image of your breasts.

How to Prep for Your Mammogram

- Use the same mammogram facility every year for easy comparison of your mammograms. If you must go to a different location, take your previous films with you.
- Don't wear deodorant or antiperspirant to your mammogram appointment. This can cloud the X-ray films and make your mammogram less accurate.
- Always inform your health care provider or X-ray technologist if there is any possibility that you are pregnant.
- Notify the technician if you have breast implants.
- Call for your results if you haven't received them within 10 days.

CLINICAL BREAST EXAM

Clinical Breast Exam is performed by a trained health care provider and involves a physical exam that checks your breasts to detect problems or changes.



WHAT TO REMEMBER

It is important to be aware of
your body and its changes. Early
detection is the best way to
fight breast cancer.



What to Do During Transitional Times in Your Life



THINKING ABOUT HAVING A FAMILY

Safe motherhood can begin before conception with proper nutrition and a healthy lifestyle. Important steps implemented before conception or early in the pregnancy can help to prepare your body for this special time of your life. Ideally, preconception planning begins up to a year before conception. Folic acid, rubella vaccine, smoking and medication management are just a few of the topics that will be addressed by your health care provider during this time.

To help ensure a healthy pregnancy, schedule a preconception appointment with your health care provider as soon as you begin thinking about pregnancy. Be prepared to discuss:

- Current form of birth control
- Prescriptions, over-the-counter medications and dietary supplements you are taking
- Status of your immunizations
- Your general health, any problems or chronic conditions
- Current lifestyle
- Risk of sexually transmitted diseases

If you're having problems getting pregnant, speak with your health care provider about infertility tests. The tests help determine whether the problem is with the man, the woman or both. Tests may include a physical examination, semen analysis, blood tests and special procedures.

Join Baby BluePrints®

A maternity education support program that provides members with information on all aspects of pregnancy through printed and online offerings, plus access to individualized support from a Nurse Health Coach.

Expectant mothers can call toll-free at 1-866-918-5267.

MOVING INTO MENOPAUSE

Menopause is a natural part of life. It is the permanent end of menstruation and fertility, defined as occurring 12 months after your last menstrual period. For most women, menopause happens around age 50, but every woman's body has its own timeline. Some women stop having periods in their mid-40s, while others continue well into their 50s.

Most women don't need treatment for menopause unless their symptoms (i.e. hot flashes, vaginal dryness, irritability, etc.) bother them to the extent that they interfere with their quality of life. Your health care provider can help you make a smooth transition into menopause and beyond by:

- Discussing the physical and emotional changes (i.e. hot flashes, trouble sleeping, mood swings)
- Helping you explore all your options to deal with the minor and complex issues
- Assisting you with the development of an individual strategy, depending on your symptoms and preferences

HORMONE REPLACEMENT THERAPY (HRT)

Over the years, HRT was thought to offer health and youth-preserving benefits to postmenopausal women. However, research has led to a dramatic shift from this way of thinking. Talk to your health care provider about whether HRT benefits outweigh its risks, considering your own needs, age and health history.



What to Track

Create a **Personal Health Record** for yourself and each member of your family to see all your health care information at a glance in one convenient location. A Personal Health Record table is provided below for your convenience.

PERSONAL HEALTH RECORD FOR WOMEN			
SCREENING	DATE	RESULTS	NOTES
GENERAL HEALTH			
Physical Exam			
HEART HEALTH			
Weight			
BMI			
Waist Circumference			
Blood Pressure			
Total Cholesterol			
HDL-Cholesterol			
LDL-Cholesterol			
REPRODUCTIVE HEALTH			
Pelvic Exam			
Mammogram			
Pap Test			
HIV/Sexual Transmitted Diseases Screening			
COLORECTAL HEALTH			
Colorectal Cancer Screening			
DIABETES SCREENING			
Blood Glucose (Sugar)			
BONE HEALTH			
Bone Mineral Density			
ORAL HEALTH			
Dental Exam			
VISION CARE			
Eye Exam			

LOG ON TO TRACK

Keep track of your health using the online “Personal Health Record.” Log onto your Member Web site and click on the “Your Health” tab and then “Personal Health Record.” Choose the sections you wish to update and follow the prompts. Remember to update your online record each time you or a family member have a screening or exam.







What Other Steps to Take



In addition to knowing what you need and when to get it, taking other steps to make healthy lifestyle choices can impact your health and well-being now and in the future. Research has clearly demonstrated the potential that healthy lifestyle factors can have on reducing the risk of major chronic diseases like cardiovascular disease, cancer and diabetes. Making a few simple lifestyle changes can turn into big health rewards. What changes are you ready to make?

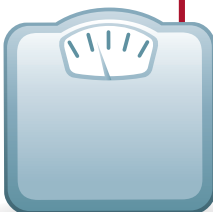
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- **Be tobacco free.** Your health care company offers resources to help you quit when you're ready. From the online **HealthMedia® Breathe™** program to the telephonic **Smokeless®** programs, our smoking cessation resources can help guide you through the process of quitting with the support, coping strategies and practical stress management skills that you need. Log onto your Member Web site to enroll in Breathe under the "Your Health" tab, or call Smokeless at 1-800-345-2476 to enroll. For tips on how to quit, go to: <http://www.ahrq.gov/path/tobacco.htm> or visit <http://www.smokefree.gov>. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW.

- **Be physically active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate exercise most days of the week. Walking briskly, dancing, swimming and biking are just a few examples of moderate physical activity. Find a partner to exercise with to make it enjoyable and help you stay motivated.

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- **Eat a healthy diet.** Focus on a balanced diet that includes plenty of fruits, vegetables and whole grains—fill three-quarters of your plate with plant-based foods. Choose calcium-rich low-fat dairy products and lean meats, poultry, fish, beans and other protein sources. Go easy on foods high in fat, cholesterol, salt and sugar.

- **Get adequate calcium throughout your life to support bone health.** Calcium is most readily obtained through low-fat dairy products, such

as milk, yogurt, cheese and cottage cheese (the lower the fat, the higher the calcium content). The National Academy of Sciences recommends that adults should strive to obtain an adequate intake of dietary calcium—at least 1,000 to 1,300 milligrams (mg) per day—including supplements, if necessary. Choose calcium supplements that contain vitamin D.

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- **Stay at a healthy weight.** Step on the scale to know where you are and measure your waist circumference (health risks increase if your waist circumference is greater than 35 inches). Try to balance the calories you consume from food and drink with the calories you burn off through activity. Cut back by 250 to 500 calories per day to promote gradual weight loss if you need to lose weight. Speak with your health care provider if you notice a significant change in your weight—up or down.

- **If you drink alcohol, drink only in moderation.** Women should consume no more than one alcoholic drink per day. A standard drink is one: 12-ounce bottle of beer or wine cooler, 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits. If you take medications, speak with your health care provider to find out if it's safe for you to drink alcohol.

- **Manage your stress.** Try to seek balance in your life and practice daily stress management. Learn when to say "no" and avoid the "superwoman" trap. Strive to "take 20" and set aside 20 minutes every day to do something to relax and manage your stress.



Where to Go for More Help



It's not easy putting a plan for preventive care and healthy lifestyles into action. Whether on the Web, on the phone or at the worksite, there are many convenient and accessible wellness resources to help you reach your goals and "have a greater hand in your health."

- **On the Phone.** Speak confidentially with a specially-trained Health Coach 24 hours a day, 7 days a week by calling Blues On CallSM at 1-888-BLUE(2583)-428 for the answers and support you need. You can request free "Shared Decision Making" videos to help you learn more about conditions such as breast cancer and women's health issues.
- **On the Web.** Log onto your Member Web site and click on the "YOUR HEALTH" tab. Select the link "Improve Your Health" to enroll in HealthMedia[®] online programs or choose "Preventive Care" to explore other available program options on women's health and healthy lifestyles.
- **Additional Resources.** Contact your company's wellness coordinator to learn about wellness programs offered at your workplace. Call the Wellness Resource Center at 1-800-650-8442 for information on wellness programs that may be available. Or call the Member Services' phone number on the back of your health insurance ID card for additional resources or to find the wellness program that is right for you.

Lifestyle Returns[®]

If your company participates in Lifestyle Returns, you can receive credit for getting your preventive care exams. To access the "Lifestyle Returns" program, log onto your Member Web site. Under "Quick Resources," click on "Lifestyle Returns" and enter your preventive exams under **Step 3: Take Charge of Your Health.**

LOG ON AND LEARN MORE

To learn more about Women's Health, search the HEALTH TOPICS tab on your Highmark Member Web site. Log on at www.highmark.com, and select your service region. You can search the site for topics of interest to you and your family and stay up-to-date on the latest in health and wellness.



The material contained in this Guide has been selected to provide general background and useful information regarding preventive care. It is not intended to be complete or tailored to your specific needs, or to diagnose or treat medical conditions, and does not replace medical advice or medical treatment. You should discuss the information, facts and tips with your doctor, who is always your best resource for determining if you are at an increased risk for a condition. If you engage in physical activity, it may have injuries and health risks associated with it. You should confirm with your doctor that physical activity is appropriate for you. If you experience any pain or discomfort, call your doctor. Highmark Inc. does not endorse any product or service, and does not provide medical or legal advice or medical treatment. If you have questions about your health care coverage, you should call the toll-free Member Service number on your health insurance identification card.

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