

Better health starts *here*

Checkups and screenings can help you stay healthy

What is preventive care ... and why does it matter?

Preventive care helps doctors find problems early when they're easier to treat. This includes:

- Yearly checkups
- Shots (vaccines)
- Tests (screenings) that look for health problems, including some cancers

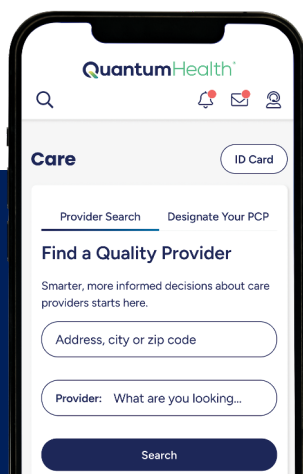
Your recommended preventive care is 100% covered with an in-network doctor

Routine checkups and cancer screenings are **free** when you go to a doctor or clinic that takes your health insurance. This is called **in-network**. If they do not take your insurance, you may have to pay more.



Why do I need a PCP?

A primary care doctor/provider (PCP) knows your health history and can help you stay on track with screenings and next steps.



Need to find a high-quality, in-network doctor?

Download the Quantum Health app and click on the **Care** tab to search for a doctor today!



Start with a checkup to keep your health on track

Your doctor may suggest different screenings based on your age, gender and health history.¹

Common screenings include:

Screening type	Age	How often
Blood pressure screening	Ages 18+	Adults 40+: Yearly Adults 18-39: Every 3-5 years if they are not high risk
Cholesterol screening	Ages 20+	Every 4-6 years
Diabetes screening	Ages 35-70 if overweight	Every three years
Depression screening	Ages 12+	At annual checkup
Dental exam	All ages	First dental visit by age 1 or within 6 months of the first tooth. After that, 1-2 times per year.
Vision exam	All ages	Every two years
Well-child exam	Birth to age 18	Newborn: 3 to 5 days old, then 1 month. Infants and toddlers: 2, 4, 6, 9, 12, 15, 18, 24 and 30 months Ages 3 and up: Once a year

¹Search Results | United States Preventive Services Taskforce

Talk to your doctor about cancer screenings

Cancer screenings look for cancer early, when treatment is most effective. Your doctor can tell you which ones you need and when to get them.

Screening type	Age/Gender	How often
Breast cancer screening	Women ages 40-74	Every two years. If you're at a higher risk, your doctor may tell you to start earlier or get this test more often.
Cervical cancer screening (Pap smear)	Women ages 21-29 Women ages 30-65	Every three years Every three years OR HPV test every five years OR Pap & HPV every five years
Colorectal cancer screening	Men and women ages 45-75	Every 1-10 years, depending on the test
Prostate cancer screening	Men ages 55-69	Decide with your doctor

Have questions? We're here to help.

(877) 220-2279

Monday-Friday, 8:30 a.m.-10 p.m. ET

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