

Checkups, screenings, and tests help you stay healthy



To stay as healthy as possible through every stage of your life, it's important to make annual physicals and screenings a priority. Scheduling regular tests and screenings today can help protect your health tomorrow.

Checkups are beneficial and important because:

- They help your doctor see an overall picture of your medical history.
- They help your doctor understand your overall health when you are sick, making it easier to discuss concerns.
- They can help uncover issues early.

Access to care

If you need a doctor, we can help. We offer the support you need with a variety of useful tools that are available at no additional cost.



Find Care — Visit [anthem.com/shbp](https://www.anthem.com/shbp) and use our **Find Care** tool to locate a doctor close to you. You also can use the **SydneySM Health** app to search for a doctor.



LiveHealth Online — Register at [livehealthonline.com](https://www.livehealthonline.com) and schedule a virtual visit with a doctor, 24/7. You also can visit with a mental healthcare professional by appointment. You can use LiveHealth Online on your smartphone, tablet, or computer with a camera.



24/7 NurseLine — Connect with a registered nurse by phone anytime for help with your health questions or concerns.

Your plan covers preventive care

Preventive care such as checkups and vaccines are covered at 100% with your plan.¹ You can check your *Summary Plan Description* or call your dedicated Anthem Member Services team at **855-641-4862**, Monday through Friday, 8 a.m. to 8 p.m. ET, for more information.



In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Virtual text and video visits powered by K Health LiveHealth Online is the trade name of Carelon Health Solutions, Inc., a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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Healthy checklist for adults

Put your health and safety first throughout your life by staying current with shots, screenings, and exams.² Your doctor may recommend certain tests, depending on your age and medical history. Ask your doctor what's right for you. Use this sheet to keep track of preventive care you receive.³

Doctor's information

Name:	Phone:
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Screenings for those born female	Date	Notes
Ages 21 to 65: Pap test (for cervical cancer)		
Every three years		
Every five years if you also receive a human papillomavirus (HPV) test (for ages 30 to 65)		
Ages 45+: cholesterol test (ages 25 to 45 if at higher risk for heart disease)		
Every five years		
More often if over age 45 and at high risk for heart disease		
Ages 40 to 75: mammogram (for breast cancer)		
Every one or two years, based on age		
Ages 45+: colorectal cancer screening (at age 45, your doctor may suggest one of these test options)		
Fecal occult blood test (FOBT): every year		
Flexible sigmoidoscopy: every five years		
Colonoscopy: every 10 years		
Bone density test		
Talk to your doctor about when you should have this test.		

Screenings for those born male	Date	Notes
Ages 35+: cholesterol test (ages 25 to 35 if at higher risk for heart disease)		
Every five years		
More often if over age 35 and at high risk for heart disease		
Ages 45+: colorectal cancer screening (at age 45, your doctor may suggest one of these test options)		
Fecal occult blood test (FOBT): every year		
Flexible sigmoidoscopy: every five years		
Colonoscopy: every 10 years		
Prostate cancer screening		
Talk to your doctor about the benefits and risks of prostate cancer screening.		

Vaccinations	Date	Notes
Ages 19 to 65+:		
Flu: every year		
Tetanus: every 10 years		
Ages 50 to 75+: shingles		
Once		
Ages 60+: pneumonia		
Once		

Vision and dental health are also important:

- Keep your teeth healthy with dental checkups and cleanings twice a year.³
- Take care of your eyes with a vision check by an optometrist or ophthalmologist once a year.

¹ Preventive care services are covered at 100% when performed by a doctor in your Anthem plan and properly coded as preventive care under the Patient Protection and Affordable Care Act.

² U.S. Preventive Services Task Force Recommendations www.uspreventiveservicestaskforce.org

³ Please see your Summary Plan Description at shbp.georgia.gov for details about covered benefits, procedures, and exclusions. Routine dental services are not offered through the State Health Benefit Plan.