

PREVENTIVE CARE RECOMMENDATIONS

Talk with your primary care provider about these preventive services.

How often and what kind of preventive care services you need depends on your age, gender, health and family history. Your provider may recommend additional tests, which may or may not be covered under your plan.

Check your health plan benefits or call the number on the back of your member ID card for details on coverage.*

■ Men and women ■ Women only

HEALTHY ADULT GUIDELINES

AGE	21 – 39	40 – 49	50 – 64	65 – 74	75+
CARDIOVASCULAR HEALTH					
Advice on nutrition, healthy weight and physical activity	Throughout adulthood				
Advice on avoiding tobacco exposure and use	Throughout adulthood				
Blood pressure measurement	At least annually				
Cholesterol (lipid) screening	Performed depending on risk				
Diabetes screening	Ages 35 – 70 and adjusted by health care provider based on risk				

CANCER PREVENTION

Bcbs Preventive Care Guidelines

Padhraic Smyth



Bcbs Preventive Care Guidelines:

Decoding **Bcbs Preventive Care Guidelines**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Bcbs Preventive Care Guidelines**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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