

BE WELL

Appropriate Prevention Screening Tests and Coverage

Presented by UToledo Benefits and Wellness



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The tests and screenings mentioned in this presentation are recommendations based on U.S. Department of Health and Human Services.

This content should not be considered medical advice and participants should consult with their physician to determine the best plan of care for them.



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Blood Pressure

- Blood pressure is how hard your blood pushes against the walls of your arteries when your heart pumps blood
- Hypertension is the medical term for high blood pressure
- Hypertension typically doesn't have symptoms and is known as the "silent killer"
- Risk factors include
 - Are African American
 - Are overweight or obese
 - Physically inactive
 - Excessive alcohol intake
 - Unhealthy diet
 - Have kidney failure, diabetes, or some types of heart disease

Screening Recommendations

- **Annual if 40 or older OR at high risk**
- **Every 3-5 years if 18-39 and not at high risk**



Cholesterol

- Cholesterol is a waxy material that's found naturally in your blood
- If you have too much cholesterol in your body, it can build up inside your blood vessels and make it hard for blood to flow through them. Over time, this can lead to heart disease.
- Risk factors include
 - Family history of high LDL cholesterol
 - High blood pressure or type 2 diabetes
 - Smoking
 - Being overweight
 - Physically inactive
 - Eating too much saturated fat and *trans* fat – and not enough fruits and vegetables

Screening Recommendations

- **Every 4-6 years unless at high risk for adults 20+**



Diabetes

- A disease that occurs when your blood glucose, also called blood sugar, is too high
- Type 2 is when your body does not make or use insulin well
- Risk factors include
 - Are 45 or older
 - Are Black, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
 - Have a parent, brother or sister with diabetes
 - Are overweight
 - Are physically inactive
 - Have high blood pressure or take medication for high blood pressure
 - Have low HDL cholesterol and/or high triglycerides
 - Had diabetes during pregnancy

Screening Recommendations

- **45 or older and high risk should be checked according to physician recommendations**
- **<45 every 3 years; if other risks, may need it more often**



Bone Density

- Osteoporosis is the thinning of bones causing them to become weak and brittle
- Typically no symptoms in early stages
- Risk factors include
 - White and Asian women
 - Older women who are past menopause
 - Low body weight
 - Smoking

Screening Recommendations

- **Women ages 65 and older, every year**
- **Women less than 65 but have gone through menopause, consult with physician**



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Cancer Screenings

Colorectal

- Ages 50-75, every 5-10 years
- Physician may recommend sooner if there is family history

Prostate

- Ages 55-69 is considered a personal choice to discuss with physician
- 70 years or older the risk is considered to outweigh the benefit

Skin

- Annual check with dermatologist
- Regular self-checks at home

Cervical

- Ages 21-29, every 3 years
- Ages 30-65 (Physician recommendation)
 - Every 3 years with pap
 - Every 5 years with HPV
 - Every 5 years with both

Mammogram

- Ages 40-49 consult with your physician
- Ages 50-74, every 2 years or more often depending on personal history



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Non-medical

Dental

- Regular exams can benefit not only oral health but can also serve as early detection for some systemic diseases such as rheumatoid arthritis, lupus and diabetes

Recommendations

- Every 6 months – 1 year, depending on personal health history

Vision

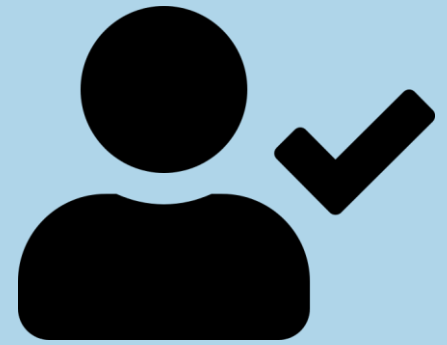
- Regular exams can check for things such as glaucoma, cataracts and macular-degeneration

Recommendations

- <40 years of age, with no eye problems, every 2 years
- 40 years or older, every 1-2 years
- Personal or family history of eye trouble, every year may be recommended by your eye doctor

ACA Coverage

- Blood pressure
- Cholesterol: age and risk dependent
- Diabetes: adults 40-70 who are overweight/obese
- Cancer Screenings
 - Colorectal: adults 50-75
 - Cervical
 - Mammogram: women over 40



<https://www.healthcare.gov/coverage/preventive-care-benefits/>

UToledo Medical Plan Coverage

- Covered at no cost to you if using an in-network (Tier 1 or Tier 2) provider
- <https://www.utoledo.edu/depts/hr/benefits/2020/2020-benefits.html>



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UToledo Vision and Dental Plan Coverage

Gold

Vision: Every calendar year

Dental: Twice per calendar year

Blue

Vision: Every 24 months

Dental: Twice per calendar year



For more information regarding UToledo benefits
Visit utoledo.edu ; search UT Benefits

Personalized prevention screening recommendations
health.gov/myhealthfinder

