

SCHEDULE YOUR SCREENINGS FOR THE YEAR

Preventive screenings help you detect a chronic condition or illness in its early stages so you can learn how to manage it and stay healthy. These screenings are also an excellent way to check how well you are managing an already diagnosed condition. To get screened, visit your doctor or go to an 1199SEIU health fair at your worksite.

Your Benefit Fund's Chief Medical Officer recommends that you follow these screening guidelines.

| Screenings | Beginning at age | How often? |
|--|--|---|
| Physical Exams | All ages | At least every year |
| Eye Exams | Age 40+ | Every 2 to 4 years |
| Blood Pressure Screening* Cholesterol* | Age 18+ Age 18+ If your initial test results were abnormal or if you're at higher risk of heart disease | At least every year Every 5 years As directed per your doctor |
| Glucose/Blood Sugar Screening for Diabetes* | Age 45+ | Every 3 years |
| Bone Density <i>(osteoporosis screening)</i> | Women age 65+, as well as younger postmenopausal women who have risk factors or who have had a fracture as an adult Men 65+ | Once, then as directed per your doctor Discuss with your doctor |
| Cancer Screenings** | | |
| Colorectal Cancer | Age 45+ | Colonoscopy every 10 years or Fecal occult blood test every year or Cologuard every 3 years Ask your doctor which test is best for you. |
| Cervical Cancer: PAP Test HPV and PAP Test | Women age 21–65 Women age 30–65 | Every 3 years Every 5 years <i>(or just PAP test every 3 years)</i> |
| Breast Cancer: Clinical Breast Exam Mammography | Women age 20+ Women age 40+ | At your regular checkup Every year |
| Prostate Cancer | Men: Discuss with your doctor | Discuss with your doctor |

* Talk to your doctor if you smoke; are overweight; have high blood pressure, diabetes or a history of gestational diabetes; have a family history of diabetes, heart disease or stroke; or are at risk for coronary artery disease.

**For all cancer screenings, talk to your doctor about your history and see if you need to get additional tests at an earlier age.

Sources: American Academy of Family Physicians; American Cancer Society; U.S. Department of Health and Human Services

IMPORTANT CONTACTS

Benefit Fund Member Services (in NYC)
(646) 473-9200

Benefit Fund Member Services (outside NYC)
(800) 575-7771

Wellness Member Assistance Program
(646) 473-6900

Our Website
www.1199SEIUBenefits.org

Our Facebook Page
www.Facebook.com/1199SEIUBenefitFunds

Our Instagram Account
@1199SEIUBenefitFunds

Teladoc
(800) TELADOC (835-2362); www.Teladoc.com

Provider Directory
findadoc.1199SEIUBenefits.org

2022 Screenings & Information

OTHER RESOURCES

American Cancer Society

www.Cancer.org
(800) ACS-2345 or (800) 227-2345

American Diabetes Association

www.Diabetes.org
(800) DIABETES or (800) 342-2383

American Heart Association

www.Heart.org
(800) AHA-USA1 or (800) 242-8721

American Lung Association

www.Lung.org
Call (800) LUNG-USA or (800) 586-4872 to speak to a lung professional or find a center near you.

American Stroke Association

www.StrokeAssociation.org
(888) 4-STROKE or (888) 478-7653

Calories Burned per Hour

www.MayoClinic.org/healthy-lifestyle/weight-loss/in-depth/exercise/art-20050999

Choosing Wisely

www.ChoosingWisely.org

Exercise and Calorie Calculator

www.calculator.net/calorie-calculator.html

National Alliance on Mental Illness (NAMI)

www.NAMI.org

NYC Well Mental Health Hotline

https://NYCWell.CityOfNewYork.us/en
Call (888) NYC-WELL (692-9355) or text "WELL" to 65173

New York State Smokers' Quitline

www.NYSmokeFree.com
(866) NY-QUITS or (866) 697-8487

USDA MyPlate

www.ChooseMyPlate.gov

Remember, the tips in this calendar are all general guidelines. Check with your doctor about your specific health needs. You should always consult with your doctor before beginning a diet or exercise program.