



NAF HBP Benefits Information

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Knowledge. Solutions. Service.

- ◆ **Have You Had A Checkup Lately?**
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Have You Had A Checkup Lately?



It is never too late to give yourself the gift of good health! This is a reminder to schedule a checkup with your doctor. Preventive care services, including health screenings and immunizations, can protect against illnesses and catch problems early when they are easier to treat.

Here are some ways to continue to have a healthy year:

- If you have not had your annual physical exam, schedule an appointment today.
- Know your numbers. Maintain a healthy blood pressure and find out if your cholesterol levels are where they should be.
- Get a clear picture of your overall health. Take the online Simple Steps To A Healthier Life health assessment available on Aetna Navigator, your secure member website at www.aetna.com
- Enroll and complete recommended online wellness programs outlined in your health assessment personal report.
- Be sure to get 30-45 minutes of moderate exercise at least 5 days a week.
- If you are overweight, set a goal and talk to your doctor about a weight loss plan.
- If you smoke, make it a priority to quit.

The DoD NAF Health Benefits Program covers routine preventive care services at 100%. To receive preventive care benefits under the Open Choice plan, you must use in-network doctors.

Recommended Health Screenings



- Physical Exam —1 exam per calendar year
- Well Child Visits—first 12 months of life: 7 exams; age 1: 3 exams; age 2: 3 exams; ages 3-7: 1 exam per calendar year
- Blood Pressure—Periodically (18 years of age and older)
- Height & Weight/Body Mass Index (BMI) - Periodically (18 years of age and older)
- Vision & Hearing Screening—1 exam per calendar year
- Cervical Cancer Screening—Every 1-2 years beginning at 21 years of age or earlier if sexually active. If 30 years of age or older, either a Pap Test every 2-3 years after 3 consecutive normal results or HPV DNA test plus a Pap Test every 3 years if results of both tests are negative.
- Mammogram—Every 1-2 years-40 years of age and older.
- Osteoporosis (Bone Density Test) - Routinely—65 years of age and older.

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- Prostate Cancer Screening—Younger than 75 years of age discuss benefits and harms of prostate specific antigen (PSA) testing with your doctor.
- Cholesterol—Every 5 years-men 35 years of age and older; adult women if at risk for coronary artery disease.
- Colorectal Cancer Screening—Starting at 50 years of age, one of the following: yearly screening with high-sensitivity fecal occult blood testing, OR flexible sigmoidoscopy every 5 years, OR one double-contrast barium enema every 5 years, OR colonoscopy every 10 years.

Source: Agency for Healthcare and Quality, U.S. Preventive Services Task Force (USPSTF) at <http://www.ahrq.gov/clinic/uspstfix.htm> as of 2/1/2010.

Tips For When To Go To ER



Wondering whether an illness or injury warrants a trip to the emergency room (ER) is very common. With severe, life-threatening conditions, call 911. Here are some other symptoms experts say require an ER visit:

- Difficulty breathing or shortness of breath.
- Chest or upper abdominal pain or pressure lasting two minutes or more.
- Severe persistent abdominal pain.
- Loss of consciousness, or sudden dizziness and weakness.
- Sudden changes in vision or difficulty speaking.
- Confusion or changes in mental status.
- Severe or persistent vomiting or diarrhea.
- Severe sprain or suspected broken bone, usually involving more pain and swelling than a minor sprain, which doesn't merit emergency care.

Source: The American College of Emergency Physicians, The Washington Post, Monday, June 21, 2010.

Summer Fun, Summer Health



Summer means a lot of outdoor activities and fun. Summer also means more chance of injuries and danger from outdoor sports, insects, or too much sun or heat. Most people love the warmth and light of the sun, but too much sun exposure can significantly damage human skin. Along with trying to stay cool, you need to be sure you drink enough fluids. For more summer tips for a safe and healthier summer, visit:

http://www.intelihealth.com/IH/ihtIH?i=35302&p=~br,IHW|~st,8297|~r,WSIHW000|~b,*