



2020 is here! The WCA Group Health Trust encourages you and your family to have a preventative annual exam. Your annual exam is covered by your health plan at 100% (if obtained at an in-network provider). There is no deductible or copay required so long as you obtain services from an in-network provider.

Any preventative measures you take in your overall health will help reduce serious risk factors in your life. If you are not sure what exams you or your spouse should have at your given age, we have included a suggested list for your review. Please note that this chart should not be considered medical advice, but is just a recommendation. Every individual has different needs due to their family history and lifestyle.

Adult Preventative Guidelines

Screenings	Ages									
	18-29	30-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Physical Health Exam	Every 1-2 Years		-----Every Year-----							
Blood Pressure	-----At Every Health Exam (Preferably Every 2 Years)-----									
Cholesterol	-----Every 5 Years-----									
Fasting Blood Sugar				----- Every 3 Years-----						
Colorectal Cancer Screening					-----Per MD Recommendation-----					
For Men										
Prostate Cancer Screening					----- Every 1-2 Years-----					
For Women										
Clinical Breast Exam	Every 3-5 Years		-----Every Year-----							
Mammography			-----Every 1-2 Years-----							
Pap Smear	-----Every 1-3 Years-----									
Immunizations										
Tetanus-Diphtheria	-----Every 10 Years-----									
Influenza	-----Every Year-----									
Pneumonia								-----One Time-----		
Shingles					-----One Time-----					

These general preventive care guidelines are recommended for an average-risk person. Your doctor may advise additional or more frequent screening if, for example, you have a chronic disease, family history of a health problem, abnormal test results or additional risk factors. Please consult with your doctor for all your health needs. This chart should not be considered medical advice and does not imply any specific covered benefits.