Happy New Year!

It's time to schedule your annual preventive care appointments. These appointments may differ based on age and gender:

Well-baby exam–birth to 2 years

At the well-baby exam, you may get advice on your child's safety, dental exams and care, overall health, diet, physical activity and development.

Well-child exam–ages 2½ to 10 years

You may get advice about how to keep your child safe, how to prevent injuries, counseling to reduce the risks of getting skin cancer, good health, diet, physical activity and development. Yearly dental referrals start at age 3 or earlier, if needed.

Well-person exam–child to young adult (ages 11 to 20 years) and adult men & women

The doctor might talk with you, or your child, about health and wellness issues. These may include diet and physical activity, family planning and folic acid for women who are of the age to get pregnant, sexual behavior and screening for sexually transmitted infections. Issues may also include how to prevent injuries, counseling to reduce the risks of getting skin cancer, special risks you might have for cancer (such as family history) and steps you can take to reduce those risks, misuse of drugs and alcohol, how to stop using tobacco, secondhand smoke, dental health and mental health, including screening for depression.

Pregnant Women

Pregnant women should see their doctor or OB/GYN in their first three months of pregnancy for a first visit and to set up a prenatal care plan. At this visit, your doctor will check your health and the health of your baby.

Check the preventive care schedules for a list of recommended screenings and vaccines based on your age and gender. You'll find the schedules for Medicare and non-Medicare members on the Health & Wellness page of our members site at unicarestateplan.com.

DidUKnow?

Your Preventive Care May Be Fully Covered

You and your family may be eligible for some important preventive services at no additional cost to you. Depending on the type of plan you have, you may not have to pay a copayment, co-insurance, or deductible to receive recommended preventive health services, such as screenings, vaccinations, and counseling. According to the U.S Department of Health & Human Services, depending on your age, you may have access—at no cost—to preventive services such as[1]:

- Blood pressure, diabetes, and cholesterol tests
- Many cancer screenings, including mammograms and colonoscopies
- Counseling on such topics as quitting smoking, losing weight, eating healthfully, treating depression, and reducing alcohol use
- Regular well-baby and well-child visits, from birth to age 21
- Routine vaccinations against diseases such as measles, polio, or meningitis
- Counseling, screening, and vaccines to ensure healthy pregnancies
- Flu and pneumonia shots

Doctor's Bag

by Robert Sorrenti, MD
Medical Director

Here's a great idea for a New Year's resolution—call your primary care doctor and schedule an annual physical exam. A routine physical and timely preventive care can reduce the risk of many illnesses and identify risk factors you may not know about.

Today's families are busier than ever. The best way to keep up with a busy schedule is to be healthy. A little preventive care goes a long way toward maintaining the health and well-being of your family. Some people may be at higher risk for health issues due to their family history, their race or ethnicity, or other reasons. That's why it's important to meet with your doctor to initiate the preventive care plan of action that is right for you.

Make this year your best year for wellness. Remember, your health plan may help pay for tests to find disease early and routine wellness exams to help you and your family stay well.