



Personal Health Screening Guidelines

	SCREENING	PURPOSE	20-29	30-39	40-49	50-59	60+
GENERAL	Cholesterol and HDL-C*	Identify people at high risk for coronary artery disease	Every 5 years depending on level	Every 5 years depending on level	Every 1-3 years depending on level	Annually	Annually
	EKG**	Identify injury to heart or irregular rhythms			Baseline test between ages 40-45	Annually	Annually
	General Physical Exam**	Detects conditions before symptoms develop	Every 2-3 years	Every 2-3 years	Every 2-3 years	Annually	Annually
	Immunizations*	Create immunity against a particular disease	Diphtheria—Tetanus every 10 years. Rubella once if necessary (females only). Influenza annually age 65 and older. Pneumococcal vaccine once after age 65.				
	Rectal Exam*	Detect abnormalities in the rectum				Annually	Annually
	Flexible Sigmoidoscopy/Colonoscopy**	Detect cancers and (polyps) on the inside wall of the colon before they become cancerous				Every 3-5 years	Every 3-5 years
	Hemoccult*	Detect blood in stool to screen for various diseases				Annually	Annually
	Tonometry**	Screen for glaucoma	Annually	Every 2 years after age 35	Every 2 years	Every 1-2 years	Annually
WOMEN	Breast Self-Exam*	Look for color changes, skin irregularities, lumps and changes in the nipples	Monthly	Monthly	Monthly	Monthly	Monthly
	Mammography*	Detect cancer and precancerous changes		Baseline test between ages 35-40	Every 1-2 years	Annually	Annually
	Pap Smear*	Detect abnormal cells that may become cancerous	Annually	Annually	Annually	Annually	Annually
	Pelvic Exam*	Detect cancer and precancerous changes of the cervix	Annually	Annually	Annually	Annually	Annually
	Bone Density**	Detect osteoporosis (the loss of bone mass, which can increase risk of fractures)		Baseline at menopause. Repeat measurements depending upon results and physician's advice.			
MEN	Prostate Specific Antigen*	Detect prostate cancer in the earliest stages			Annually after age 40	Annually	Annually
	Digital Rectal Exam*	Identify an early growth or tumor in the prostate gland			Annually after age 40	Annually	Annually

* These screenings are covered at 100% annually as part of your wellness benefit.

** For benefit information on these screenings, please contact your medical claims administrator.



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Take Action Today!

God's temple is holy, and you are that temple. (1 Corinthians 3:17)

Take steps to improve and maintain your spiritual, mental, social and physical health. Begin by scheduling a general physical exam and discussing appropriate screenings with your physician. See reverse side for recommended screenings and HealthFlex coverage information.

