



Preventive Care Checklist

Men

Men 18 and Older	
Physical Exam <i>One time per plan year</i>	<input type="checkbox"/>
Flu Shot <i>Every fall</i>	<input type="checkbox"/>
Other immunizations <i>Ask your doctor which ones are right for you</i>	<input type="checkbox"/>
Cholesterol, blood glucose, blood pressure, body mass index (BMI) <i>One time per plan year</i>	<input type="checkbox"/>
Men 45 and Older (in addition to above checklist)	
Colon Screening  <i>Based on risk factors, and as advised by your doctor.</i> <i>Types of screenings:</i> Colonoscopy Stool-based test Cologuard	<input type="checkbox"/>
Shingles vaccine	<input type="checkbox"/>
Pneumococcal vaccine (age 65)	<input type="checkbox"/>

 Cash Back is available for colon screenings. Find cash back opportunities using PEHP cost tools.
Learn more: www.pehp.org/save.

