



Patty Nguyen, On-Site Representative
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June is Men's Health Month. Please take the opportunity to schedule your wellness visit with your Primary Care Physician to discuss important screenings. This is a small step you can take to prevent major health conditions. The guidelines and recommendations below are from the following organizations: Agency for Healthcare Research and Quality (AHRQ) and Centers for Disease Control and Prevention (CDC).

Dear Patty:

Q: What screenings and/or preventive services are recommended for men?

A: Below is a list of **some** of the services.

PREVENTIVE SERVICE	DESCRIPTION OF BENEFITS
Abdominal Aortic Aneurysm (AAA) Screening	<ul style="list-style-type: none"> Perform 1-time screening for Abdominal Aortic Aneurysm (AAA) with ultrasonography in men between ages 65 and 75, with history of smoking
Blood Pressure (Hypertension) Screening	<ul style="list-style-type: none"> Screening for High Blood Pressure for adults age 18 and older without known hypertension.
Colorectal Cancer Screening	<ul style="list-style-type: none"> Between ages 45 and 75 Stool Test/Colonoscopy/Sigmoidoscopy <i>(Click here for information on Cologuard Screening.)</i>

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	<ul style="list-style-type: none"> Routine Screenings & Diagnostic colonoscopies are covered 100% of the allowable charges. No copays apply. This includes participating/in-network facility charges, surgeon, anesthesiologist, & pathologist fees. <i>(Note: Specimens sent to an out of network lab or pathologist will NOT be covered.)</i>
Hepatitis B Screening	<ul style="list-style-type: none"> Screening for Hepatitis B virus (HBV) infection in persons at high risk for infection
Hepatitis C Screening	<ul style="list-style-type: none"> Men ages 18 to 79 years. Screening for Hepatitis C virus (HCV) infection without known liver disease.
Lung Cancer Screening	<ul style="list-style-type: none"> Annual screening for lung cancer with low-dose computed tomography in Men ages 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years.
Prediabetes and Type 2 Diabetes Screening	<ul style="list-style-type: none"> Screening for prediabetes and type 2 diabetes in adults ages 35 to 70 years who have overweight or obesity.
Statin Use for the primary prevention of Cardiovascular Disease in Adults-Preventive Medication	<ul style="list-style-type: none"> Adults ages 40 to 75 years who have 1 or more cardiovascular risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking) and estimated 10-year cardiovascular disease (CVD) risk of 10% or greater: Initiate a statin.

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Q: Which Immunizations are covered under my plan?

A: Here's a list of **some** of the covered immunizations at \$0 cost share.

IMMUNIZATIONS	PLAN BENEFITS
Annual Flu Vaccine	<ul style="list-style-type: none"> • Covered 100% when administered at My Health Onsite or at in-network doctor's office. • Under Pharmacy benefits, covered 100% when administered by a pharmacist at Walgreens Pharmacy.
COVID-19 Vaccine	<ul style="list-style-type: none"> • Age 19 or older within the scope of the authorization/approval for the particular vaccine. • Under Pharmacy benefits, covered 100% when administered by a pharmacist at Walgreens Pharmacy.
Pneumococcal Vaccine	<ul style="list-style-type: none"> • Age 50 or older. One dose covered 100% at My Health Onsite or at in-network doctor's office. • Under Pharmacy benefits, covered 100% when administered by a pharmacist at Walgreens Pharmacy.
Prostate Cancer Screening	<ul style="list-style-type: none"> • Discuss with your Primary Care Physician.
Shingles (Zoster) Vaccine (2 doses of Shingrix)	<ul style="list-style-type: none"> • Age 50 or older. Covered 100% at My Health Onsite or at in-network doctor's office if he/she supplies the vaccine. If your doctor does not supply the vaccine he/she can order from CVS Caremark Specialty Pharmacy Services. Phone number is 1-866-278-5108.

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	<ul style="list-style-type: none"> Under Pharmacy benefits, covered 100% when administered by a pharmacist at Walgreens Pharmacy. <p>(Note: The Shingles Vaccine administered at the Pasco County Health Department is NOT COVERED.)</p>
Tetanus, Diphtheria and Pertussis (Td/Tdap)	<ul style="list-style-type: none"> Age 19 or older, Tdap vaccine once. Booster every 10 years. Covered 100% at My Health Onsite or at in-network doctor's office.

Q: Are routine eye exams covered under my plan?

A: Routine eye exams are NOT covered under your Florida Blue Medical Plan. Your medical plan covers treatment for eye diseases due to medical conditions and eye injuries. For example, diabetes can cause glaucoma so your doctor may refer you to an ophthalmologist.

To find an in-network eye specialist, please contact me directly or go online at www.floridablue.com and click on "Find a Doctor". Then click on "Find a Doctor or Dentist". If you elected Davis Vision by MetLife eye care benefits, please contact them at 1-833-393-5433 to inquire about routine eye exam benefits.

Q: I had my annual physical on June 1st of last year. Do I have to wait after June 1st to schedule my annual physical for 2023?

A: No, you do not need to wait. You are allowed one annual physical **per calendar year**.