



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.

SCREENING/PREVENTIVE SERVICE	DESCRIPTION OF BENEFITS
Abdominal Aortic Aneurysm (AAA) Screening	<ul style="list-style-type: none"> One-time screening for ages 65 to 75 who have ever smoked or have a family history of AAA.
Annual wellness and routine check-up	<ul style="list-style-type: none"> Once per calendar year.
Blood Pressure (Hypertension) Screening	<ul style="list-style-type: none"> Screening for High Blood Pressure for adults age 18 and older

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Cholesterol screening	<ul style="list-style-type: none"> Age 35+; age 20-35 at risk annually
Colorectal Cancer Screening and counseling	<ul style="list-style-type: none"> Between ages 45 and 75 Colonoscopy, Sigmoidoscopy or fecal occult blood test (Click here for information on <i>Cologuard Screening.</i>) Frequency based on risk factors and physician recommendation Your plan covers routine Screenings & Diagnostic colonoscopies at 100% of the allowable charges. No out-of-pocket expenses apply for in-network hospital/surgery center. This includes in-network surgeon and anesthesiologist fees. If the provider requests that you pay for a Diagnostic Colonoscopy, please contact me. If you have another surgical procedure, i.e., Endoscopy in addition to the colonoscopy, you will have to pay for that surgical procedure according to your plan benefits. <p><i>(Note: Specimens sent to an out of network lab or pathologist are NOT be covered.)</i></p>
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.
Obesity screening: diet/physical activity/BMI Counseling	<ul style="list-style-type: none"> Annually.
Prostate cancer screening	<ul style="list-style-type: none"> Discuss with your doctor.
Skin Cancer screening	<ul style="list-style-type: none"> Discuss with your doctor.



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Note: Referrals are NOT required to consult with an in-network Dermatologist. The specialist copay will apply.

Q: Are routine eye exams covered under my medical 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 access the online provider directory on the My Health Tool Kit member portal if you created an account. Click [here](#) for the link to the member portal.

If you elected VSP Vision benefits, please contact VSP at 1-800-877-7195 to inquire about routine eye exam benefits.

Q: Which vaccines are covered at an in-network pharmacy?

A: Please contact CVS/CareMark at 1-833-298-6991 to inquire which vaccines are covered at \$0 member cost share. If vaccines such as the Flu vaccine and Shingles vaccine are administered at your doctor's office, then they will be covered at \$0 member cost share under your medical plan.