

# Prevention: Paving your road to better health

Good physical health starts with preventive care. With Wellpoint West Virginia, Inc., you have one main person for your health care. He or she can be a doctor or a nurse practitioner. This person is called your primary care provider, or PCP.

What can you do to be as healthy as possible? A good first step is to set up a wellness checkup with your PCP each year. This visit can help you and your PCP find ways to keep you healthy. You can also follow the adult health guidelines to learn about other screenings and services you may need.



Your primary care provider (PCP) is ready to take your call and schedule your yearly wellness checkup at no charge. If you need help getting to your appointment, you can get a ride by calling **800-782-0095 (TTY 711)**.

## Adult health guidelines

Screenings	
Weight and body mass index (BMI)	Every 1-3 years at your wellness checkup.
Blood pressure (BP) check and cholesterol screening	Ask your doctor how often to have these screenings.
Colon cancer screening	Beginning at age 50, talk to your doctor about which screening test is best for you and how often you need it.
Diabetes screening	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
Sexually transmitted disease (STD) screening	Discuss screening with your doctor if you are pregnant or sexually active.

Immunizations	
Tetanus diphtheria pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years
Influenza (flu)	Yearly at the beginning of flu season
Herpes zoster (shingles)	One dose given at age 60 and over
Pneumococcal (pneumonia)	One dose at age 65 and over
Measles, mumps, rubella (MMR)	One or two doses for adults age 18-55, if no evidence of immunity
Human papillomavirus (HPV)	Three doses for women ages 18-26 if not already given Three doses for men ages 21-26 if not already given

## Women's health

Women have their own unique health care needs. Besides the services and screenings listed in the adult health guidelines, women should discuss the following chart with their doctor:

Women's recommendations	
Mammogram	Talk to your doctor about when to start routine mammograms.
Clinical breast exam	Every three years for women ages 20-39, annually for women age 40 and over.
Pap test	Every one to three years beginning at age 21 or sooner if sexually active.
Osteoporosis screening	Ask if you need a bone density test to check for thinning bones.

## Men's health

Regular health screenings are an important part of men's health as well. That means not putting off important checkups or screenings. In addition to the adult health guidelines, here are some other recommended health services for men:

Men's recommendations	
Prostate cancer screening	Discuss the benefits and risks of screening with your doctor.
Abdominal aortic aneurysm	Screen once between ages 65-75 if you have ever smoked.



Where can you get help finding a PCP? By calling the Customer Care Center or visiting our website at [wellpoint.com/wv/wvplans](https://www.wellpoint.com/wv/wvplans).

### Helpful phone numbers for Wellpoint members only

Customer Care Center: **800-782-0095 (TTY 711)** 8 a.m. to 6 p.m., ET Monday through Friday  
24-hour nurse help line: **888-850-1108 (TTY 711)**

[wellpoint.com/wv/wvplans](https://www.wellpoint.com/wv/wvplans)

Wellpoint West Virginia, Inc.

Do you need help with your healthcare, talking with us, or reading what we send you? We provide our materials in other languages and formats at no cost to you. Call us toll free at 800-782-0095 (TTY 711).