

# Personal Screening Checklist



## Preventive health screening recommendations

Note: This checklist is not a substitute for your doctor’s advice. Your primary care provider (PCP) may recommend more or fewer screenings based on your individual needs. Check your *Evidence of Coverage* for details about your plan benefits. Or contact us at a number on the next page and we can help you.

Priority	May Be Due	Recommended Screening	Details
<input type="checkbox"/>	<input type="checkbox"/>	<b>Controlling blood pressure</b> Action: Have your doctor record your blood pressure in your medical record.	If you have hypertension (high blood pressure) and your last blood pressure reading was high (>140/90 mm Hg), follow up with your doctor regularly until your readings are in the recommended range.  If you don’t have high blood pressure, record your blood pressure every one to two years depending on your last blood pressure reading.
<input type="checkbox"/>	<input type="checkbox"/>	<b>Eye exam for patients with diabetes</b> Action: Have a retinal or dilated eye exam.	If you have diabetes, you should have a retinal or dilated eye exam by an optometrist or ophthalmologist.  If you have retinopathy, you should have an eye exam every year.  If you do not have retinopathy, you should have an eye exam every two years.
<input type="checkbox"/>	<input type="checkbox"/>	<b>Breast cancer screening</b> Action: Get a mammogram.	For women 40 years and older, schedule an annual mammogram and clinical breast exam every 24 months.
<input type="checkbox"/>	<input type="checkbox"/>	<b>Colorectal cancer screening</b> Action: Ask your doctor which test is right for you.	Not high risk: If you’re not high risk, get a colonoscopy once every 10 years.  High risk (family history, personal history of polyps or cancer, history of inflammatory bowel disease): If you’re high risk for colorectal cancer, schedule a colonoscopy once every two years after a previous screening colonoscopy or barium enema.  If you’re high risk after a screening colonoscopy, schedule a colonoscopy once every 48 months from the last flexible sigmoidoscopy or barium enema.  If you’re not high risk, get a flexible sigmoidoscopy once every 10 years.  Stool-based tests for those at average risk: Get a screening for fecal occult blood once every year or multi-targeted stool DNA (Cologuard) test, that is not high risk, once every three years.
<input type="checkbox"/>	<input type="checkbox"/>	<b>Medication adherence</b> Action: Take your medications as directed, or talk with your doctor about why you’re not able to.	If you have diabetes, hypertension, or high cholesterol, talk to your doctor about ways to help you take your prescription medications.  You may also want to talk to your doctor about switching to generic medication, ordering a 100-day supply, or getting your medications through mail order for convenient home delivery.
<input type="checkbox"/>	<input type="checkbox"/>	<b>Hemoglobin A1c</b> Action: Have your doctor order a Hemoglobin A1c blood lab test.	If you have diabetes (types 1 or 2), your doctor will monitor your hemoglobin A1c.
<input type="checkbox"/>	<input type="checkbox"/>	<b>HMSA Akamai Advantage® Dual Care (PPO D-SNP) – Special needs plan care management</b> Action: Call (855) 329-5641 Monday-Friday, 8 a.m.-5 p.m. to complete your annual health risk assessment (HRA) over the phone.	If you are a dual Medicare and QUEST-eligible member, complete your HRA and care plan (ICP) at least once a year.

Priority	May Be Due	Recommended Screening	Details
<input type="checkbox"/>	<input type="checkbox"/>	<b>HMSA Akamai Advantage Dual Care (PPO D-SNP) – Care for older adults with functional assessment</b>	If you are a dual Medicare and QUEST-eligible member, a functional assessment is part of your annual HRA and this section should be completed to determine your ability to perform daily activities and identify potential areas where your care could be improved to optimize your independence and quality of life.  Need help completing the assessment? Please call us as soon as you can at (808) 948-6997 or 1 (844) 223-9856 toll-free, Monday through Friday, 7:45 a.m. to 4:30 p.m. TTY users, call 1 (877) 447-5990 toll-free.
<input type="checkbox"/>	<input type="checkbox"/>	<b>Osteoporosis management</b> Action: Ask your doctor which test is right for you.	If you are a woman who had a fracture of the spine, hip, and/or wrists, talk to your doctor about a bone mineral density test or prescription for a drug to treat osteoporosis within six months of the fracture.
<input type="checkbox"/>	<input type="checkbox"/>	<b>Kidney health evaluation</b> Action: Have your doctor order a estimated glomerular filtration rate (eGFR) and a urine albumin-creatinine ratio (uACR).	If you have diabetes, get an annual kidney health evaluation by getting a blood test, estimated glomerular filtration rate (eGFR), and a urine albumin-creatinine ratio (uACR).

Additional care gaps identified by your PCP

Your PCP

It’s very important that you have a PCP who can work with you to take care of your health.

**If you have a PCP:** Schedule your next appointment now.

My PCP’s name: \_\_\_\_\_

My appointment: \_\_\_\_\_

**If you don’t have a PCP:**

- Visit [hmsa.com](https://hmsa.com) and click Find a Doctor.
- Or we can help you find a PCP. Call (808) 948-6000 or 1 (800) 660-4672, seven days a week, 8 a.m. to 8 p.m. For TTY, call 711.

Quick Reference Guide for Preventive Screenings

**Mammogram**  
A mammogram is recommended for women 40 years and older. The test looks for abnormal cells in breast tissue that could lead to cancer.

**Colorectal cancer screening**  
A colorectal cancer screening is recommended for people ages 45 to 75. This screening looks for abnormal cells and polyps in the colon and rectum that could lead to cancer. Your doctor can recommend which test is right for you.

**Diabetes checkpoint: Eye exam**  
A dilated retinal eye exam (which is different from a regular eye exam) is recommended for people with diabetes age 18 to 75. This exam looks for damage to the eye caused by high blood sugar and high blood pressure. If your blood sugar is not controlled, it could cause blindness.

**Diabetes checkpoint: Blood sugar test**  
A blood sugar test is recommended for people with diabetes age 18 to 75. High blood sugar can lead to heart attack, stroke, nerve damage, poor circulation, sexual dysfunction, kidney failure, and blindness.

**Diabetes checkpoint: Cholesterol test**  
A cholesterol test is recommended for people with diabetes ages 18 to 75.

**Diabetes checkpoint: Kidney function test**  
A kidney function test is recommended for people with diabetes age 18 to 75. This test looks at your kidneys’ ability to filter blood.

**High blood pressure check and plan**  
A blood pressure plan is recommended for people whose most recent blood pressure test was high.