

Stay a Step Ahead with Preventive Care



Preventive Care Checklist for Adults 65 and Older

Use this checklist to keep screenings and visits top of mind.

 WHAT	WHO/WHEN	WHY
 Annual Wellness Visit	Once a year	During this visit you can talk about exercise, diet, sleep, medications, and your mood. You should mention any bladder issues or worries about falling. You'll also talk about any screenings or vaccines that you may be due for. Learn more.
 Blood Pressure Screening	Once a year	Getting your blood pressure checked provides important information about your risk for stroke and heart attack.
 Bone Mineral Density (BMD) Test	Women age 65+	There are many factors that may put you at risk for osteoporosis and bone fractures. A BMD test checks your bone health. It can find osteoporosis and see if you are at risk for a fracture.
 Cholesterol Test	Once a year	High cholesterol does not have symptoms. But too much cholesterol makes it harder for blood to flow through your body.
 Diabetes Screening	Once a year	There are many ways to prevent and manage diabetes or prediabetes if you are aware of your risk.
 Vaccines	- As directed by your health care provider or based on your personal health risk - A shingles vaccine is recommended for people age 50+	Vaccines save lives. Most vaccines are no cost, including those that prevent COVID-19, flu, and pneumonia.
 Vision Exam	Starting at age 65, every one–two years	Many eye issues develop without any symptoms. Regular eye exams can help find diseases early, when treatment is more effective.
 Hearing Screening	Baseline test by age 65 and rechecked every three–four years	Hearing loss can have a negative impact on nearly every aspect of your life and is linked to brain health, depression, and increased risk of falls.

	Abdominal Aortic Aneurysm Screening (AAA)	One-time ultrasound screening for men aged 65–75 who have ever smoked	Most AAAs show no symptoms until they rupture, which can lead to sudden death. Early detection allows for monitoring or surgical intervention before rupture occurs.
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Cancer screenings may help to find cancer early, when treatment is more effective. Cancer screenings vary based on gender, age, and personal health risk factors. Talk to your provider about which screenings you may be due for.

	Breast Health/ Mammogram	Starting at age 40, every one–two years through age 74 (earlier or more frequent if at higher risk)	A mammogram is an x-ray of the breast tissue that can show changes in your breast that may be cancer.
	Colorectal Cancer Screening	Ages 45–75 (earlier if at higher risk), every one–10 years based on type of screening (or health risk)	Special tests can detect colorectal cancer early, which makes it easier to treat. Talk to your doctor about whether at-home screening is right for you.
	Lung Cancer Screening	Ages 50–80 who are heavy smokers (20-pack-year history*), currently smoke, or have quit in the past 15 years	People who smoke, especially heavy smokers, are at a high risk for lung cancer.
	Prostate Screening	Men ages 55–69	With age, the prostate can increase in size and decrease urine flow. Talk with your doctor to decide if screening is right for you.

*A pack-year is used to describe how many cigarettes you have smoked in your lifetime, with a pack equal to 20 cigarettes. For example, smoking one pack of cigarettes per day for 20 years or smoking two packs for 10 years.

If you need help scheduling your Annual Wellness Visit, scheduling other preventive care services, or have questions about your health plan, please call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). If you have an MVP DualAccess plan, call **1-866-954-1872** (TTY 711).

October 1–March 31, call seven days a week, 8 am–8 pm Eastern Time.

April 1–September 30, call Monday–Friday, 8 am–8 pm Eastern Time.

Preventive care services are covered by MVP. Check your Evidence of Coverage (EOC) for benefit plan details.