

Preventive Care—at No Cost to You

If you and your family are enrolled in a Teva medical plan, you have access to in-network preventive care at no cost to you. If you are enrolled in another medical plan, connect with your doctor and medical carrier to see what in-network preventive care services are offered at no cost to you.

Women Talk with your doctor to make sure you're receiving the preventive care that is right for you.

TYPE OF CARE	WHAT AND WHY?	HOW OFTEN?	AGE RANGE*	DID YOU KNOW?
Physical exam	Checks blood pressure, cholesterol, height and weight to catch any health issues before they become bigger—and more costly—problems	Every year	All ages	45 percent Percentage of Americans who are unaware they should receive a physical exam (85% of the same survey respondents know when their pets are due for shots)
Gynecological exam	A Pap test checks for signs of cervical cancer; your physician may also screen for human papillomavirus (HPV)	Every three years	Ages 21-65	24 years Number of years of steady decline for new cervical cancer cases and overall deaths
Mammogram	Checks for potential signs of breast cancer	Every two years	Ages 50-74 (starting mammograms at age 40 is an individual decision)	37 lives Number of Americans saved each day because of mammograms and breast cancer education
Colorectal screening	Checks for potential signs of colon cancer	Every five years (sigmoidoscopy) OR Every 10 years (colonoscopy); frequency depends on family history and previous cancer cells or polyps	Ages 50-75	30 percent Percentage of Americans who should receive a colorectal screening but haven't scheduled an appointment

* Suggested age ranges are according to general guidelines, however, family medical history is important in determining the right course of action. Discuss with your doctor. Sources: Cigna; National Cancer Institute; Centers for Disease Control and Prevention; World Health Organization; U.S. Preventive Services Task Force

Men Talk with your doctor to make sure you're receiving the preventive care that is right for you.

TYPE OF CARE	WHAT AND WHY?	HOW OFTEN?	AGE RANGE*	DID YOU KNOW?
Physical exam	Checks blood pressure, cholesterol, height and weight to catch any health issues before they become bigger—and more costly—problems	Every year	All ages	20 percent Percentage of Americans who know their key health numbers, like body mass index (BMI) and cholesterol
Prostate screening	Checks for potential signs of prostate cancer	Individual and case-by-case basis; discuss your situation with your doctor	Ages 55-69	1 in 8 Number of men who will be diagnosed with prostate cancer in their lifetime (non-Hispanic Black men are most at risk)
Colorectal screening	Checks for potential signs of colon cancer	Every five years (sigmoidoscopy) OR Every 10 years (colonoscopy); frequency depends on family history and previous cancer cells or polyps	Ages 50-75	2 out of 5 Two of the top five reasons people don't get screened are associated with cost (in-network care is fully covered)

* Suggested age ranges are according to general guidelines, however, family medical history is important in determining the right course of action. Discuss with your doctor. Sources: American Association of Retired Persons; American Cancer Society; U.S. Preventive Services Task Force

What About My Kids?

Children covered under a medical plan are eligible for a variety of in-network preventive care services at no cost. Talk with your pediatrician about the appropriate preventive care services based on your child's age and developmental needs. And, don't be afraid to ask for clarification about what recommended services are considered preventive care.

Questions?

If you are enrolled in a Teva medical plan, contact your Teva Care Coordinator at (877) 922-6778. If you are enrolled in another medical plan, contact your doctor or medical carrier.