



Earn Wellness Points for Completing Your Preventive Care Exams!

Track your 2019 preventive care exams (medical, dental, vision, or other) on the HealthFitness portal and earn up to 60 Wellness Points (15 points per exam) towards meeting the requirements to qualify for the 2020 Wellness Participant Medical Premium Rate.

➔ First time tracking a Preventive Care Exam? Follow the steps below to report your exam:

1. Log into your HealthFitness account at <https://pmh.biovia.healthfitness.com>
2. Click on the "My Health" tab on the left side of the dashboard.
3. Click "Tracking".
4. Click "Add A Tracker".
5. Select "Health & Medical" and scroll down the page to "Preventive Care", click on "Add Tracker".
6. Once the tracker is loaded, click on "+ Track" to record your activity.

➔ Have you tracked Preventive Care Exams before? Follow the steps below to report additional exams:

1. Log into your HealthFitness account at <https://pmh.biovia.healthfitness.com>
2. Click on the "My Health" tab on the left side of the dashboard.
3. Click "Tracking".
4. Click the " + Health and Medical Trackers" tab.
5. Click the on green "+ Track" to record your activity.

Some common recommended preventive care services to be performed as part of medical, dental, and vision exams are listed below (for reference only). Please talk to your providers about what preventive care actions are right for you **based on your age, gender, health status, family history, and risk factors.**



Medical Exam	
Preventive Care	Recommendation
Obesity Screening (Body Mass Index)	<ul style="list-style-type: none"> All adults should be screened annually.
Blood Pressure Screening	<ul style="list-style-type: none"> Adults aged 18 and older should be screened every 2 years if they have normal blood pressure; annually for others.
Cholesterol Screening	<ul style="list-style-type: none"> Men aged 35 and women aged 45 with risk factors for heart disease. Men and women with increased risk should start at age 20. Repeat every 5 years if results are normal.
Type 2 Diabetes Screening (Blood Glucose)	<ul style="list-style-type: none"> Adults aged 40 to 70 who are overweight or obese. Men and women with risk factors may be screened at a younger age.
Colorectal Cancer Screening (Sigmoidoscopy, Colonoscopy, or Fecal Occult Blood Test)	<ul style="list-style-type: none"> Adults aged 50 to 75. Frequency varies by method; check with your doctor.
Cervical Cancer Screening (Pap Smear)	<ul style="list-style-type: none"> Women aged 21 to 65 should be screened every 3 years.
Breast Cancer Screening (Mammogram)	<ul style="list-style-type: none"> Women aged 50 to 74 should be screened every 2 years. Women with a family history may be screened at a younger age.
Osteoporosis Screening (Bone Mineral Density Test)	<ul style="list-style-type: none"> Women aged 65 and older and younger women at greater risk of fracture.

Dental Exam	
Preventive Care	Recommendation
Clinical Oral Exam	<ul style="list-style-type: none"> Annually or as recommended by dentist.
Dental Cleaning	<ul style="list-style-type: none"> Annually or as determined by dentist.

Vision Exam	
Preventive Care	Recommendation
Vision Screening	<p>If not at risk for eye disease and no signs of vision problems:</p> <ul style="list-style-type: none"> If aged 40 or younger: Every 5-10 years. If aged 40-54: Every 2-4 years. If aged 49-64: Every 1-3 years. If aged 65 or older: Every 1-2 years.



Questions?

Contact your Wellness Program Coordinator, Erica Baxter at 714.222.1595 or erica.baxter@prospectmedical.com.