

Preventive Care =

More Wooahoo

Do more of what you love—today and tomorrow

Moda Health is deeply committed to helping you and your family lead healthy, happy lives. Many of your plan's preventive care services are offered for free. Completing them as recommended enables you to enjoy more mobility, more energy, and more wooahoo.

Follow the preventive path to better health

Explore the **8 key steps** on your preventive care journey. Most services are recommended for all adults. Some are specific to individuals who identify as female (*noted by an F*).

0 to 3 yrs

Well-child visits and immunizations

- Begin visits 3 to 5 days after birth, then every two months.
- At 6 months, switch to every three months.
- At 18 months, switch to every six months.



3 yrs+

Annual wellness visit

Recommended each year, including

- Screen for medical issues and future risks
- Update vaccinations and other preventive care services
- Monitor and manage overall mental and physical health



6 mos+

Flu shot

Influenza (flu) vaccine every season (at doctor's office or pharmacy)

18+

Additional screenings

Recommended during your annual wellness visit

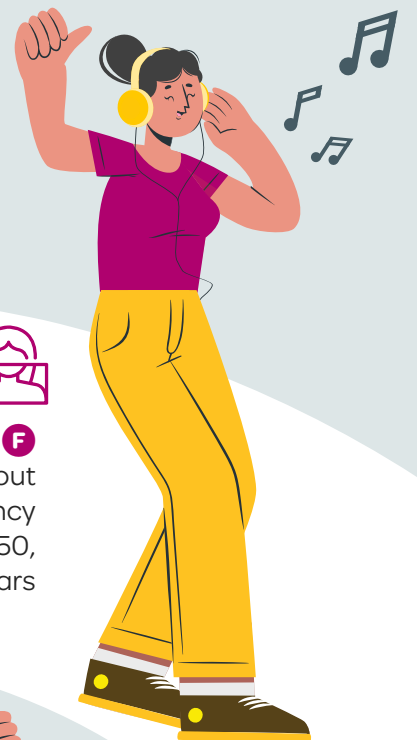
- Blood pressure
- Type 2 diabetes



21+

Cervical screening **F**

- Have first pap test at age 21
- Your doctor will help you determine frequency, based on your results



40 to 74

Mammogram **F**

- Talk to your doctor about timing and frequency
 - Starting at age 50, recommended every two years

45 to 75

Colorectal screening

- Have first screening at age 45
- Your doctor will help you determine frequency, based on your results



65+

Bone health **F**

Complete your bone density test, then follow-up at least every two years.



> Get started

Step 1 Consult your doctor about which preventive services are recommended for you.

Step 2 Schedule your appointment today!