



# Prevent health issues for a nice round number—like zero

## Schedule your preventive health visit today

Preventive health visits are vital for your well-being. They help you maintain your health and identify potential problems. And—as a PacificSource member—they're free.

**What to expect:** Preventive health visits are routine physicals. Your doctor checks your height, weight, heart rate, and blood pressure. They may also suggest certain blood tests based on your age, health history, and family history, including checking cholesterol and glucose levels.

**Other preventive care:** Preventive health visits aren't just limited to routine physicals. Dental and vision exams are also important annual health visits.

**Who should have a preventive health visit?** Everyone. Routine visits can help catch problems early, which can make a difference in treatments and outcomes.

**How often?** It depends on your age, sex, health status, and other risk factors. Discuss with your doctor what screenings you should have.

**Screening tests depend on your body parts. They may include:**

- Breast Cancer
- Colorectal/colonoscopy
- Pelvic/Pap smear
- Hernia
- Prostate
- Testicular

**LGBTQ+ Health:** Screenings for certain cancers may depend on whether you take hormones.

**Cost:** As a PacificSource member, your preventive care services are free when performed by an in-network provider. For more info, visit [PacificSource.com](https://www.pacificsource.com) and search for "No-cost Preventive Care."



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