

Preventive Care: One of the Best Ways to Safeguard Your Health

An annual routine physical, performed by your Primary Care Physician (PCP), gives you and your doctor a picture of your current health status and a view of any potential problems. Routine physicals, immunizations and screenings are covered at no cost to you and your family (certain age and frequency limits apply), through our medical plans. Schedule your annual routine physical today and take advantage of this free benefit.

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An annual physical exam and preventive screenings can catch problems early on, when they're easier and less costly to treat. Call your PCP directly or contact Health Advocate to schedule your routine physical today. Ask your doctor for your "numbers"—blood pressure, cholesterol, blood glucose and body mass index (BMI). The results—or "numbers"—can indicate whether you're at risk for conditions such as high blood pressure, diabetes and heart disease.

If cancer screenings are part of your routine physical, be sure you schedule those too. Cancer screenings are an especially important part of your preventive care. Through regular screening, cancer can be detected early - a key to successful treatment. Everyone has different screening needs according to age, gender, family history and other factors. Ask your doctor what's best for you.

Once you complete your physical and know your "numbers", be sure to logon to update your health risk assessment. For United Healthcare members visit www.myuhc.com and Aetna members visit www.Aetna.com.

First Data Facts for 2010:

- 32% of First Data employees took advantage of the free annual routine physical offered through their First Data-sponsored medical plan.
- 41% of eligible participants scheduled a routine mammogram.
- 34% of First Data's eligible population is taking advantage of cervical cancer screenings.
- 9% of First Data employees over age 50 scheduled their colorectal cancer screening.

Let's increase the usage of this valuable benefit in 2011 and beyond. Make an appointment today! If you need help scheduling your routine physical, Health Advocate will set up an appointment, coordinate care and help you understand exam results. Call 866.695.8622 to talk with a Personal Health Advocate.