



Preventive Health Checklist for Adults Ages 19+

Taking action when you're well can help uncover health issues before symptoms appear and possibly prevent them from worsening. This proactive approach can help get you on track to your best health.

Here are common preventive care services for adults. Consult with your health plan provider to determine the services available to you. Make sure you know what is covered by your health plan and any requirements before you receive any preventive services. Talk with your doctor about the services that are right for your age, gender and family history.

General Health Care

- Routine checkups
- Depression and anxiety screenings
- Illicit drug use screening
- Pelvic and breast exam for women

Screenings and Procedures

- Cancer screenings – including colon, lung, cervical and breast cancer
- Cholesterol screening
- Diabetes screening
- High blood pressure screening
- Mammogram for women
- Osteoporosis screening
- Screening and counseling to prevent obesity, heart disease, diabetes and stroke. (This can include nutritional counseling, annual office visits specifically for obesity and blood pressure measurement, and some lab tests.)
- Screenings for pregnant women, including gestational diabetes, depression and anxiety
- Nutritional counseling to promote healthy weight during pregnancy
- Several immunizations, such as those for the flu, shingles, pneumonia, measles and more

Immunizations

- Chickenpox, COVID-19, diphtheria and tetanus, flu, haemophilus influenzae type B, hepatitis A and B, human papillomavirus (HPV), measles, mumps, rubella, meningitis, pneumonia and shingles



For more information, contact us at Insurance@GuideStone.org or **1-844-INS-GUIDE** (1-844-467-4843), Monday through Friday, from 7 a.m. to 6 p.m. CT.

This is not an exhaustive list of preventive care services.

GuideStone® welcomes the opportunity to share this general information. However, this information is not intended to be relied upon as medical advice, diagnosis or treatment.