

Track your preventive screenings

Below is a list of commonly recommended preventive screenings* you may want to discuss with your doctor. **Always work with your doctor to decide what's best for you.**

Type	Age range	Frequency	Date completed
Immunizations/Vaccines			
Influenza (flu)	Discuss with your doctor	Every year	
Pneumococcal (pneumonia)	Discuss with your doctor	One time (may need booster)	
Women's health screenings			
Breast cancer screening	40-74	Every year	
Cervical and vaginal cancer screening	18-75	Every 3 years	
Bone mass measurement	65-85	Discuss with your doctor	
Men's health screenings			
Prostate cancer screening and/or exam/ prostate cancer screenings	50-74	Discuss with your doctor	
Physical exam and health guidance			
Annual Wellness Visit (includes weight, height, body mass index (BMI) and blood pressure)	18-75	Discuss with your doctor	
Colorectal cancer screening			
Colonoscopy	45-75	Every 10 years	
Flexible sigmoidoscopy	40-75	Every 5 years	
Home test kit (FOBT/FIT)	40-75	Every year	
Multitarget stool DNA test	40-75	Every 3 years	
Diabetes screening and management			
Blood sugar reading by either HbA1c or glucose monitor	18-75	Every year	
Comprehensive eye exam	18-75	Every year	
Urine test	18-75	Every year	

This communication does not guarantee benefits and does not indicate all services received will be covered by your plan. Please refer to your Evidence of Coverage or call Customer Care at the number on the back of your Humana ID card to confirm that the service will be covered by your plan.

***References**

List of recommended screenings are from the US Preventive Services Task Force.
www.USpreventiveservicestaskforce.org/browseRec/Index, last accessed April 21, 2026.

List of recommended immunizations are from the Centers for Disease Control and Prevention.
www.cdc.gov/vaccines, last accessed April 21, 2026.

Physical exam and health guidance from Centers for Medicare & Medicaid Services.
www.medicare.gov/coverage/yearly-wellness-visits, last accessed April 21, 2026.