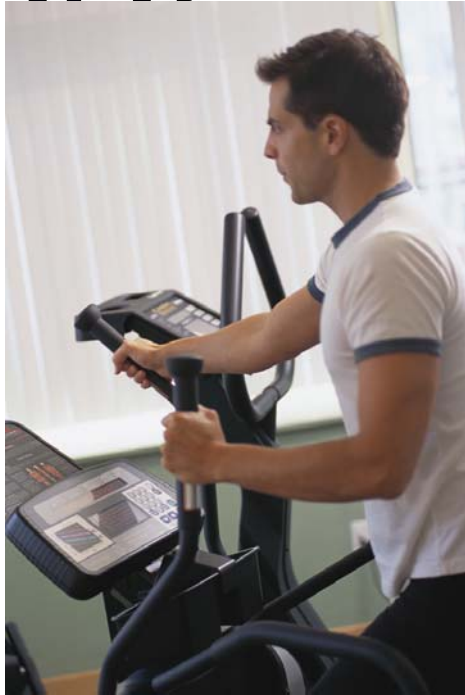


an ounce of prevention is worth a pound of cure



Preventive Screenings

Physical Activity

Nutrition

Healthy Choices

Visit healthfinder.gov for more information

Did You Know? All Aetna health plan members can receive preventive services such as routine eye exams, routine physicals, routine hearing exams, immunizations, routine mammography, routine gynecological exams, and routine screenings. Talk to your doctor about what screenings and exams you should have. Routine healthcare can help you prevent disease and keep you healthy, costing you less money in the long run and improving your overall quality of life. To learn more about general screening guidelines, visit the Benefits Website. Or, log-in to the Aetna Website and complete the Simple Steps To A Healthier Life[®] Health Assessment to learn more about your health risks and what you can do to lower them.

