



Preventive Health: A Smarter Solution

How do you stay ahead of illnesses and injuries? Preventive medicine.

With all of the demands on your time, it might seem hard to squeeze in a trip to the doctor or hit the gym, but regular check-ups and an active lifestyle can save you time and money down the road by helping you stay healthy.

At each stage in life, we face different health challenges. Visiting your doctor can help you create a plan for guarding your health.

Throughout life, an active lifestyle and healthy eating habits are crucial to staying in good health. The CU Health Plan offers a variety of wellness programs to help you do just that.

Check out the following info about preventive medicine to help you continue feeling your best.

//Adult Prevention by Age

Different ages bring different health issues. It's easier to avoid serious illness if you understand what you're susceptible to. If you do come down with something, catching it quickly could improve your odds of beating it. Here are a few recommended areas of prevention to focus on:

Men

Ages 19-39

- Family planning
- Injury prevention
- Drug and alcohol misuse
- Sexually transmitted diseases

Ages 35 +

- High cholesterol

Ages 50 +

- Colorectal cancer
- Prostate cancer

Women

Ages 19-39

- Family planning

Ages 24 and under

- Chlamydia

Ages 30-65

- Cervical cancer

Ages 40-65

- Breast cancer

Ages 45 +

- High cholesterol

Ages 50 +

- Colorectal cancer

Ages 65 +

- Osteoporosis



//Childhood prevention

Preventive medicine can help your child start life healthy and happy, and build a foundation for a bright future. Be aware of these issues at each stage of your child's life:

- Ages birth-2
 - Metabolic issues
 - Thyroid issues
 - Sickle cell
 - Autism
 - Lead poisoning (ages 2.5-10)
 - Skin cancer
- Developmental delays (ages 11-18)
- Sexual health
- Injury prevention
- Drug and alcohol misuse
- Chlamydia

//Wellness Options

Tap into these wellness programs to help you maintain health lifestyle habits. Find more at Becolorado.org.

CU Health Plan - Move.

Get paid for being active with Move. Download the app to your smartphone or tablet (and even link your wearable fitness tracker) then earn \$25 a month for logging 30 minutes of activity per day at least 12 days a month.

Biometric Screenings

What you don't know can in fact hurt you. Biometric health screenings, held each spring, provide you with valuable health metrics at no additional cost, including blood pressure, cholesterol levels, blood glucose and body mass index.

Omada

Omada is an online lifestyle-change program that helps participants lose weight and reduce their risk of developing chronic illnesses like heart-disease, hypertension and diabetes. The cost of this program is 100 percent covered for all CU Health Plan members ages 18 and up.

Fitness Center Discounts

Workout and save money with our exclusive discounts at fitness centers.

CU Health Plan members have access to a variety of covered services. Use these benefits to stay well.

- Abdominal aortic aneurysm screening (one time)
- Alcohol misuse screening and counseling
- Aspirin use to prevent cardiovascular disease
- Blood pressure screening
- Cholesterol screening
- Colorectal cancer screening

//Here's how your CU Health Plan helps

**Eligibility for some screenings depends on risk.*

- Depression screening
- Diabetes (Type 2) screening
- Diet counseling
- Hepatitis B screening
- Hepatitis C screening
- HIV screening
- Immunization vaccines
- Lung cancer screening
- Obesity screening and counseling
- Sexually transmitted infection (STI) prevention counseling
- Syphilis screening
- Tobacco use screening for all adults and cessation interventions for tobacco users