



## INTEGRIS Wellness Preventive Care Guidelines

Age and gender appropriate preventive care must be current. A preventive care visit may not be required this calendar year if you are current on the below guidelines. **Please note, the frequency of preventive care may be different from what is listed below, for you. Please discuss your personal care plan with your physician.** Please note, you must wait to complete your preventive care until after your INTEGRIS medical plan effective date.

### Preventive Care Guidelines:

Cervical cancer screening (pap smear / pelvic exam)

Age 21 – 64; every 3 years

Age 30 – 64; every 5 years if HPV testing performed

Breast cancer screening (mammogram)

Age 40 – 49; talk to your primary care provider about when to start and how often

Age 50 – 74; every 2 years

Colorectal cancer screening

Colonoscopy: age 50 – 75; every 10 years

Fecal occult blood test: age 50 – 75; annually

Fecal immunochemical test (FIT): age 50 – 75; annually