

# Get Screened: Take charge of your health. Take charge of your life.

These tests relate to heart disease, stroke, diabetes, cancer and injuries. Act on information from these tests to keep healthy now and later. If you have questions about these tests, talk with your health care provider.

To identify risk	Get this service and talk about its results with your provider	How often*	Covered by ASEA Health Trust**
Tobacco use	Provider recommendations for quitting	Every health care visit	Included in preventive care benefit. Alaska's Tobacco Quit Line is always no charge — 1-800-QUIT-NOW.
Unhealthy weight	Height and weight measurement	At least yearly	Included in preventive care benefit. Clinicians should offer or refer patients with a body mass index (BMI) of 30 kg/m <sup>2</sup> or higher to intensive, multi-component behavioral interventions.
High blood pressure	Measurement	Every 2 years, or yearly if blood pressure is 120/80 or higher	Included in preventive care benefit.
Slips and falls	Risk review	Yearly, start at age 65	Included in preventive care benefit. Exercise, physical therapy and/or Vitamin D supplementation are also included for adults ages 65+ who are at increased risk for falls.
Diabetes	Fasting blood test (blood sugar) or A1c	Every 3 years, start at age 45	Included in preventive care benefit.
High cholesterol (fats in your blood)	Fasting blood test (lipid panel)	Every 5 years, men start at age 35, women start at age 45	Included in preventive care benefit.
Heart attack or stroke	Risk assessment — Should you take aspirin?	Every 5 years, men ages 45-79, women ages 55-79	Included in preventive care benefit.
Breast cancer	Mammogram	Women every 2 years, ages 50-74	One baseline between ages 35-39. One every two years ages 40-49, annual for ages 50 or over.
Cervical cancer	Pap smear	Women every 3 years, starting at age 21	One per benefit year.
Colorectal cancer	<b>EITHER</b> Colonoscopy	Every 10 years, ages 50-75	No preauthorization required.
	<b>OR</b> Fecal Occult Blood Test (FOBT) and Sigmoidoscopy (Sig)	FOBT yearly, ages 50-75 Sig every 5 years, ages 50-75	

\*Get tested more often if you have risk factors (see below and turn page over for more information).

\*\*Information on this document does not guarantee ASEA Health Trust benefits or eligibility. Disease-specific risk factors:

- **Diabetes:** Being Alaska Native/American Indian, African American/Black, Asian, Pacific Islander, or Hispanic/Latino; or, if a woman, having gestational diabetes during pregnancy or having a baby who weighed more than 9 pounds at birth.
- **Cardiovascular diseases** (heart attack, angina or stroke): Drinking more than a moderate amount of alcohol (for example, more than 2 drinks daily for men or more than 1 drink daily for women); or having diabetes.
- **Falls:** Risk factors that can be changed include: lower body weakness; poor vision; problems with gait, balance, shoes and/or feet; home hazards; use of psychoactive medications; and postural dizziness (head rush). As the number of risk factors goes up, so does the chance of a fall.
- **Cancer:** Having or had Hepatitis C.



Chronic diseases share risk factors. If you maintain or adopt healthier behaviors, you reap multiple benefits.

You are more likely to develop...	By...					
	Being overweight	Using tobacco	Exercising fewer than 3 times weekly	Having a relative with the disease	Having high blood pressure or high cholesterol	Eating foods that are...
Diabetes	X	X	X	X	X	
Heart attack, chest pain or stroke	X	X	X	X	X	high in salt
Cancer	X	X	X	(some cancers)		high in fats and/or high in white flour and sugars

***Save money by going to an in-network provider or the Coalition Health Center in Anchorage!***

- If your care is provided by an **in**-network provider or the Coalition Health Center, these preventive services will be paid at 100% of the provider’s rate, and you do not need to meet your deductible first.
- If your care is provided by an **out**-of-network provider, you will be responsible for 20% of the provider’s rate, and you do need to meet your deductible before coverage starts. Also, these payments will not be credited toward your annual out-of-pocket limit.

***ASEA Health Trust, the Affordable Care Act, and coverage for preventive services in three categories:***

- The chronic disease-related screening tests recommended here are on the Affordable Care Act (ACA) list of preventive care services, which have been adopted by the ASEA Health Trust;
- Additional preventive services identified by the ACA (see: [www.healthcare.gov/what-are-my-preventive-care-benefits/](http://www.healthcare.gov/what-are-my-preventive-care-benefits/)) are covered by the ASEA Health Trust at 100% of an in-network provider’s rate and 80% of an out-of-network provider’s rate; and
- Other preventive services not addressed by the ACA are covered at 80% of an in-network provider’s rate and 60% of an out-of-network provider’s rate.

***Preventive services are covered for care obtained in various ways, including:***

- Office visits associated with preventive care tests (including the ones recommended here), immunizations, and colon/rectal cancer screening;
- Physical exams and associated screenings, labs and x-rays; and
- Preventive screening tests and immunizations obtained at an ASEA-sponsored health fair (or another health fair, although you may need to submit that paperwork for reimbursement).

**If you have questions about an ASEA Health Trust payment for a specific medical bill, either:**

- Fill out the form here: [www.aseahealth.org/contact-us](http://www.aseahealth.org/contact-us)
- call 1-866-553-8206 (toll-free),
- fax your request to 1-509-323-7614, or
- email [generalmail@aseahealth.org](mailto:generalmail@aseahealth.org).

**A low cost option for ASEA members:**

**Coalition Health Center in Anchorage** (on the Alaska Regional Campus)  
2751 DeBarr Rd., Suite C210

**Extended hours:** 7 AM–7 PM Monday — Friday, 8 AM–Noon Saturday

**NO CHARGE** for preventive care, \$10 co-pay per visit for other visits