

# SHARP Health Plan

## Diabetes and hypertension<sup>1</sup>

# Preventive Care Checklist

No matter how healthy you are today, having a discussion with your doctor about preventive care can make a difference in the long run — for you and the people you care about. Discuss your checklist with your doctor to develop your own personalized preventive care plan. Your doctor will help you determine which tests and health screenings are best for you based on your age, gender, health status and family history.<sup>1</sup>

Screenings		
Body mass index (BMI)	18 and older	<input type="radio"/>
Diabetes self-management training	18 and older	<input type="radio"/>
Glaucoma test (every 12 months)	18 and older	<input type="radio"/>
Cardiovascular behavioral therapy (PCP) includes blood pressure, diet advice and discussion to lower risk for heart attacks and stroke	18 and older	<input type="radio"/>
Cardiovascular disease screening (once every 5 years, including cholesterol, lipid and triglyceride levels)	18 and older	<input type="radio"/>
Tobacco prevention and counseling	18 and older	<input type="radio"/>
Alcohol misuse counseling (PCP)	18 and older	<input type="radio"/>
Depression screening (yearly with PCP)	18 and older	<input type="radio"/>
Medicare Diabetes Prevention Program (DPP)	18 and older <sup>2</sup>	<input type="radio"/>
Nutrition therapy services for members with diabetes or kidney disease	18 and older <sup>3</sup>	<input type="radio"/>
Periodic well exams (including visual foot exam, dilated eye exam and kidney function)	18 and older <sup>4</sup>	<input type="radio"/>

<sup>1</sup> The information in this guide includes recommendations adapted from the following sources as of November 2022 and is subject to change: preventive services with a rating of A or B from the U.S. Preventive Services Task Force; immunization for children, adolescents and adults recommended by the Centers for Disease Control and Prevention; and preventive care screenings for infants, children, adolescents and women supported by the Health Resources and Services Administration. <sup>2</sup> With certain conditions. <sup>3</sup> May have a cost share or copay. <sup>4</sup> Cost share or copay applies.