

GUIDELINES FOR GOOD HEALTH




Become partners in your health. Live a healthy lifestyle and follow these basic preventive care guidelines.

PREVENTIVE HEALTH SCREENING GUIDELINES FOR ADULTS

| ACTION | AGE | FREQUENCY |
|--|-------------|---|
| CANCER RISK SCREENINGS* | | |
| COLON CANCER: iFOBT (stool test for blood) Colonoscopy | 50-75 years | Once a year Every 10 years or more frequently as indicated after discussion with your health care provider |
| BREAST CANCER: Mammogram | 40-49 years | Consider after discussion with your health care provider |
| | 50-74 years | Every 1 to 2 years as directed by your physician |
| CERVICAL CANCER: Pap test | 21-29 years | Every 2 to 3 years |
| | 30-65 years | Every 3 to 5 years with HPV co-testing or more frequently if high-risk |
| PROSTATE CANCER: PSA with rectal exam | 50 years | Consider after discussion with your health care provider |

**Screening schedule subject to change. Please consult with your doctor as the screenings and frequency may be more or less frequent based on your individual needs. For coverage details, please refer to your detailed benefit summary on kp.org/eutf.*



Personal action plan
Explore health goals
customized for you.

Manage your health today.

Sign-on to kp.org. Click “Medical Record,” click “Personal action plan.”

Did you know you can choose or switch your doctor anytime?

Quality care starts with over 600 of Hawaii’s top providers. You have exclusive access to physicians in our medical group, most of whom are accepting new patients, so it’s easy to choose or change doctors anytime. Learn more about our doctors at kp.org/searchdoctors.

Member Services

Monday through Friday, 7 a.m. to 7 p.m.
 Saturday, 9 a.m. to 1 p.m. (closed holidays)
808-432-5250 (Oahu)
1-844-276-6628 (toll free from the neighbor islands)
711 (TTY)

