

Finding Breast Cancer

A breast exam can find cancer early so doctors can treat it, and you can live longer. Women 42 to 69 years old who got a breast exam sometime in the last two years.

Doctor Visits for Children 7-11 Years Old

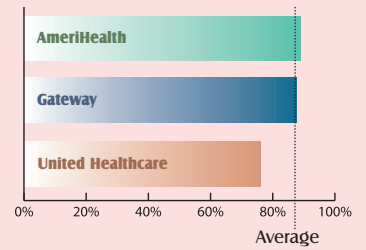
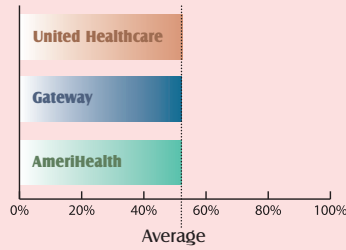
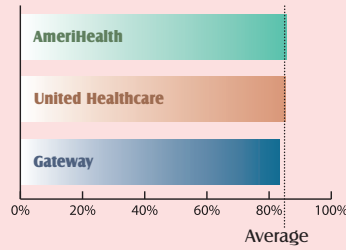
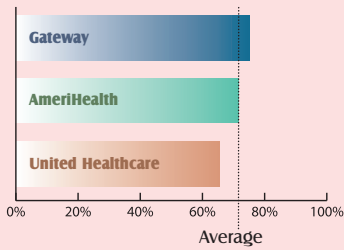
Children who are not sick should see their doctors at least once a year to stay healthy. Children 7 to 11 years old who saw a doctor or nurse in the past year.

Doctor Visits for People 45-64 Years Old

You should see your doctor at least once a year to stay healthy. Members 45 to 64 years old who saw a doctor or nurse in the past year.

Getting the Right Asthma Medicine When You Need It

If you have asthma, you should get the right medicine when you need it. Members with asthma who got asthma medicine when they needed it.



Finding Cervical Cancer

A Pap test can find cancer early so doctors can treat it, and women can live longer. Women 24-64 years old who got a pap test sometime in the last three years.

Watching Your Cholesterol

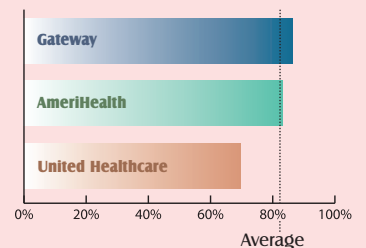
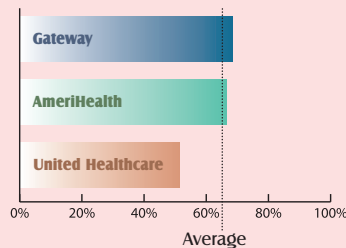
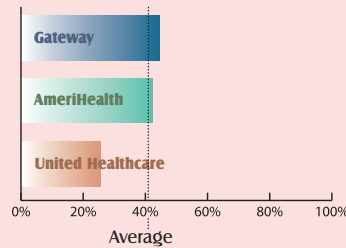
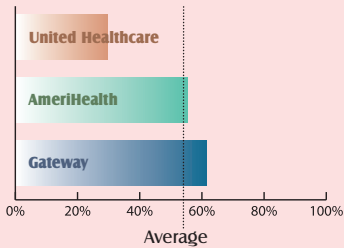
High cholesterol can cause heart attacks and other health problems. If you have heart problems, you should have regular cholesterol checks. Members with heart problems who had their cholesterol checked.

Managing Your Cholesterol

High cholesterol can cause heart attacks and other health problems. You should try to keep your cholesterol low. Members with heart problems who kept their cholesterol low.

Checking Blood Sugar Levels for People with Diabetes

If you have diabetes, you should have your blood sugar levels checked. Members with diabetes who had their blood sugar levels checked.



Managing Blood Sugar Levels for People with Diabetes

Diabetes can cause unhealthy levels of sugar in your blood. Members with diabetes who are not taking care of their blood sugar levels. For this measure, lower rates are better.

Managing Cholesterol for People with Diabetes

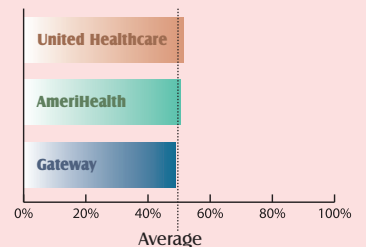
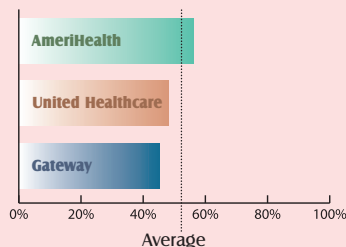
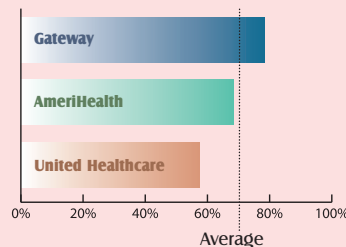
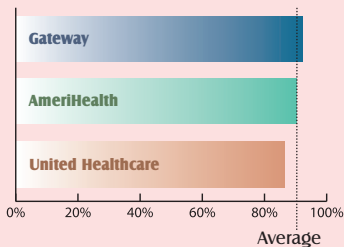
High cholesterol can cause heart attacks and other health problems. You should try to keep your cholesterol low. Members with diabetes who kept their cholesterol low.

Controlling High Blood Pressure

It is important to keep your blood pressure under control to avoid other serious health problems. Members with high blood pressure who had their blood pressure controlled below a rate of 140/90.

Regular Prenatal Care

Regular prenatal care means going to all check-ups before your baby is born. This care will help you have a healthy baby at the right time. Pregnant women who got over 80 percent of the recommended prenatal care visits.



Early Care for Pregnant Women

You should see your doctor as soon as you know you are pregnant. Early care helps you have a healthy baby. Women who got early prenatal care.

Care After Having a Baby

Seeing your doctor after having a baby helps you and your baby stay healthy. Women who saw their doctor after having a baby.

Regular Checkups for People 12 to 21 Years Old

People who are not sick should see their doctors at least once a year to stay healthy. People 12 to 21 years old who saw a doctor in the past year.

Annual Dental Visits

You should visit a dentist regularly. Yearly visits help keep teeth healthy. Members 2 to 21 years old who saw a dentist last year.

¹Aetna and UPMC for You became new plans in the Lehigh/Capital Zone effective April 1, 2010. Information was not collected by these plans or by the department during the time frame in which this guide is published.
²Unison (formerly in the Southwest and Lehigh/Capital Zones) and AmeriChoice (formerly in the Southeast Zone) merged to form United Healthcare in January 2011.