

Why is my insurance company sending me a birthday card?

happy birthday!





Why is your insurance company sending you a card on your birthday? Because we believe good health is the best gift you can give yourself.

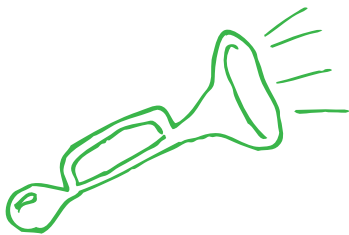
One way you can do that is to review your recent health screenings. I encourage you to talk to your doctor about the screenings that are right for you at this point in your life. Regular health screenings can help you and your doctor detect signs of an illness so you can get early treatment that may be more effective.

The folks at ODS wish you all the best for the coming year. Have a happy and healthy birthday!

Sincerely,

*Csaba Mera M.D.*

Csaba Mera, M.D., ODS Medical Director





## HEALTH SCREENINGS

<i>Noted screenings</i>	<i>Beginning age</i>	<i>How often</i>
Cervical cancer	18	Every 3 years
Blood pressure Occurs at your annual exam, including Pap smear and manual breast exam	18	Every 2 years
Mammogram	40	Every 1-2 years
Lipid profile (cholesterol)	45	Every 5 years
Colorectal cancer	50	*See chart below
Bone density (osteoporosis)	65	Every 2+ years

\*Check with your healthcare provider and choose one of the following:

<i>Colorectal cancer screenings</i>	<i>How often</i>
Fecal occult blood test	Every year
Flexible sigmoidoscopy	Every 5 years
Double-contrast barium enema	Every 5 years
Colonoscopy	Every 10 years



# Would you like to work one-on-one with a personal health coach?



ODS provides its members with coaching programs for asthma, diabetes, heart health, depression and maternity care. Your health coach will work with you over the phone or by e-mail to help set goals that work for you. The number of sessions will depend on your needs, and as a bonus, you will receive a free gift just for participating.

## For more information, please contact us:

Local: **503-948-5548**

Toll-free: **877-277-7281**

TTY for the hearing and speech-impaired: **800-433-6313**

E-mail: **careprograms@odscompanies.com**

Log in to your member website, **myODS**, at **www.odscompanies.com/members** for health resources, including information on e-mailing a doctor, dentist, psychologist, pharmacist, dietitian or fitness expert, or calling a nurse 24 hours a day.\*

*\*Not all plans include all options.*



[www.odscompanies.com](http://www.odscompanies.com)



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[www.odsalaska.com](http://www.odsalaska.com)

