

YOUR COVERED MEDICAL SERVICES

PREVENTIVE CARE SERVICES *

Listed below are a few abbreviated preventive care services that are fully listed on Pages 33 – 36 of your Benefit Booklet. Please refer to the booklet for various preventive benefits. The actual service/exam given to you by your provider must fall within the standards of the preventive care services. Note: some of these services are based on age, gender and/or condition. Additional recommended screenings and/or procedures may be services that require your co-pay, deductible and/or coinsurance of your plan.

- Benefits for Routine Exams & Immunizations well-baby care**
 - routine annual physical examination
 - annual vision examination
 - annual hearing examinations
 - immunizations for Participants age 6+
- Benefits for Certain Tests for Detection of Human Pappillomavirus and Cervical Cancer**
 - 18 years of age or older
- Benefits for Mammography Screening participant 35 years of age and older**
- Benefits for Detection and Prevention of**
 - Osteoporosis (see qualifications)
- Benefits for Tests for Detection of Colorectal Cancer**
 - 50 years of age or older (different schedules for different tests performed)
- Benefits for Certain Tests for Detection of Prostate Cancer**
 - 50 years of age & asymptomatic
 - 40 years of age with family history ...
- Benefits for Early Detection Tests for Cardiovascular Disease**
 - male 45 to 76 years of age
 - female 55 to 76 years of age

*More information in your BCBS Benefit Booklet

It is important that you read the Benefit Booklet carefully so you will be aware of the benefits and requirements of this Plan. In the event of any conflict between any components of this Plan, the Schedule of Specifications provided to your Employer by BCBSTX prevails.

Please go to bcbstx.com for more information on preventive care and access your benefit booklet on your employer website.

| Women's Recommendations | |
|-----------------------------|---|
| Mammogram | Every 1-2 years for women ages 40-74 |
| Clinical Breast Exam | Every 3 years for women ages 20-39. Annually for age 40 and older. |
| Cholesterol | Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you. |
| Pap Test | Every 1-3 years.* For some women 65 and older, screening may be discontinued.* |
| Osteoporosis Screening | Beginning at age 65, or at age 60 if risk factors are present.* |
| Aspirin Use | At ages 55-79, talk with your doctor about the benefits and risks of aspirin use. |
| Human Pappillomavirus (HPV) | 3 doses for females ages 18-26 if not already given.* |



To prevent serious health problems, it is important to have good health habits. You can avoid these problems keeping up with vaccinations, eating healthy and exercising. Staying stress-free is another way to avoid health problems, so don't forget to take care of your mental health as well as your physical health. Knowing your numbers, such as your cholesterol level, blood pressure, glucose (or blood sugar), body mass index (BMI) and waist measurement, or circumference, can also help you learn what you need to do to stay healthy.



Adult Recommendations

| Screenings | |
|------------------------|---|
| Weight | Every 1 - 3 years. |
| Body Mass Index (BMI) | Every 1 - 3 years. |
| Blood Pressure (BP) | At least every 2 years.* |
| Colon Cancer Screening | Beginning at age 50 - colonoscopy every 10 years, OR flexible sigmoidoscopy every 5 years OR fecal occult blood test annually.* |
| Diabetes Screening | Those with high blood pressure should be screened. Others, especially those who are overweight or have additional risk factors, should consider screening every 3 years.* |
| Hearing Screening | Beginning at age 65 |

| Immunizations | |
|-------------------------------|--|
| Tetanus Booster (Td/Tdap) | Every 10 years. |
| Influenza (Flu) | Annually. |
| Herpes Zoster (Shingles) | 1 dose given at age 60 and older. |
| Varicella (Chicken Pox) | 2 doses if no evidence of immunity. |
| Pneumococcal (Pneumonia) | 1 dose at age 65 or older.* |
| Measles, Mumps, Rubella (MMR) | 1 or 2 doses for adults ages 19-49 if no evidence of immunity. |

| Men's Recommendations | |
|---------------------------|---|
| Cholesterol | Ages 20-35 should be tested if at high risk. Men age 35 and older should be tested. |
| Prostate Cancer Screening | Ages 50 and older, discuss the benefits and risks of screening with your doctor.* |
| Abdominal Aortic Aneurysm | Once between ages 65 and 75 if you have ever smoked. |
| Aspirin Use | At ages 45-79, talk with your doctor about the benefits and risks of aspirin use. |

*Recommendations may vary; discuss the start and frequency of screenings with your doctor, especially if you are at increased risk.

Source: US Department of Health and Human Services, and the Centers for Disease Control and Prevention

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Texas Municipal Retirement System

Providing Retirement Security for Texas Municipal Employees

Pre-Retirement Planning Video!

Planning your retirement is an exciting time. To understand all the options available to you, don't forget to check out TMRS' Retirement Options video, available on the TMRS website at www.tmr.com. From the TMRS home page, click on "Training," then on the Videos link.

Quick Quiz

Q. Why is it important to update your beneficiary information after you are vested? (choose the best answer)

- A. If you die before retirement, your designated beneficiary will be able to receive a monthly benefit.
- B. If you die and your beneficiary chooses a monthly option, he/she will also receive the city's matching funds.
- C. If you don't designate a beneficiary after vesting, your retirement benefit will automatically go to your spouse.
- D. If you are vested and leave your job with the city, you may leave your account with TMRS until you are eligible to retire.
- E. All of the above.

Answer: (E) All of the above

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RISK MANAGEMENT'S ultimate goal is to promote and maintain the health of its employees and the general public by striving to prevent injuries and accidents through the continuous education and training of our employees. We believe that Safety is everyone's responsibility and that all tasks can and should be done easily. Our goal is to prevent accidents and/or injuries.