


A person wearing blue scrubs is holding a patient's hand. The patient's hand is resting on a wooden surface. The background is a blurred blue fabric.

# 7 Tips on Preventive Care

An orange arrow graphic pointing to the right, located on the left side of the slide.

ParTNers Health & Wellness Center  
Lunch and Learn- May 2022



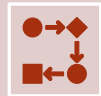
# Goals for Today



Understand what preventive care is



Take fear, judgement or shame out of preventive care



Share that it is **NEVER TOO LATE** to start preventive care



Learn about options for individualized prevention



Presented by  
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## Meet Betty

- Betty has worked for the State of Tennessee for 20 years
- She is 56 years old and she works hard
- She balances helping with grandchildren and her job and her elderly mother during the past several years
- The past 2 years have been especially tough
- Betty has no time for herself
- Betty feels embarrassed that she hasn't had a mammogram in over 5 years and hasn't had a colonoscopy because she's scared
- What should Betty do?



## Reassurance for Betty

Betty took the first step and called her PCP

Betty's PCP reassured her and worked with Betty to create some preventive steps that fit Betty's lifestyle

Betty and her PCP made the plan together without any shame

Betty felt relieved that it is never too late to take preventive healthcare steps!

Betty earned \$250 through the State's wellness partner for the preventive steps she took



# What is preventive care?


- Preventive healthcare- steps you take to prevent negative health outcomes or disease
- Examples for today
  - Annual physicals
  - Immunizations
  - Mammograms
  - Colon cancer screening
  - Lung cancer screening
  - Some bloodwork



Tip 1:

## Prevention guidelines change

- ▶ How do I keep up with changes?
  - ▶ **Ask for help** to understand what prevention path is right for you
  - ▶ Call your PCP or the ParTNers Health & Wellness Center to see what individualized care you need
- ▶ Follow guidelines (like the US Preventive Services Task Force guidelines)
  - ▶ Updated frequently (**so just ask your provider**)
  - ▶ Examples are age related guidelines for mammogram or colon cancer screening



## Current Prevention Age Related Examples

- Mammogram- annually starting at age 35-40
- Cologuard or colonoscopy- starting at age 45-50
- Pap smear- aged 21-65 every 3-5 years as indicated
- Lung Cancer Screening- age 50-80 with a 20 pack-year history, and a current smoker or quit within the past 15 years
- Immunizations- per CDC guidelines





## Tip 2:

Newer and  
easier ways  
to get  
screened

There are more convenient, less scary options now

- More places to get preventive care
  - With your PCP
  - The ParTNers Health & Wellness Center
  - Lots of new health care locations
- Convenience of testing like
  - Cologuard
  - 3D mammogram



## Tip 3:

Preventive  
care is NO  
COST  
through the  
state health  
plan

- Age- appropriate preventive services are at no cost to the patient
  - US Preventive Services Task Force
  - With A/B rating
- Call your PCP or the ParTNers Center to schedule



## Quiz time...

If I have a family history of a condition (like breast cancer or colon cancer), screening won't help me because I'm going to get it anyway.

TRUE or FALSE



## Answer

**FALSE**

Screening can  
detect and  
provide prevention  
or early treatment



## Tip 4:

# Earn money for prevention

You can earn MONEY for getting preventive health care (max of \$250 through Active Health)

[Incentive Table 2022.indd \(tn.gov\)](#)

- ▶ Annual physical/Well Woman- \$50
- ▶ Mammogram- \$50
- ▶ Cervical cancer screening- \$50
- ▶ Colonoscopy or Cologuard- \$50
- ▶ Biometric screening- \$50
- ▶ Lung cancer screening- \$50
- ▶ In range biometric values- \$150



# Wellness Program- Screenings (Active Health Guidelines)

- ▶ Breast Cancer Screening:
  - ▶ Covers Females ages 40-75
  - ▶ Mammogram, Breast MRI
- ▶ Colon Cancer Screening
  - ▶ Covers ages 45-75
  - ▶ Includes: Colonoscopy, Sigmoidoscopy, FOTB (Fecal Occult Test - Blood)
- ▶ Cervical Cancer Screening:
  - ▶ Females 21-65
  - ▶ Includes Cervical Cancer screening/HPV Testing
- ▶ Lung Cancer Screening:
  - ▶ Adults aged 50-80 with a 20 pack-year history of smoking (currently smoke or have quit within the past 15 years)
  - ▶ Includes low-dose computed tomography (CT scan)



## Tip 5:

We can  
offer a  
prevention  
consult

- Call us in the ParTNers Health & Wellness Center to get your biometric screening or a physical and we will provide a fully individualized prevention consult
  - No judgement
  - No guess work
  - No fear!

# MYTH

- *Getting preventive care is time consuming and I have to make separate appointments for each preventive service I need*





## Tip 6:

Refer  
yourself for  
prevention  
care

- Most people think making a preventive visit is difficult and time consuming
- The reality is you can self-refer for many preventive services (like mammograms)
- You can get several prevention items checked off in one visit



## Tip 7:

It's never  
too late for  
prevention

- It is never too late to start with prevention, today is a good day to take the first step or get caught up.
- Call us in the center to set up an appointment for a physical, to talk through preventive needs, or to get an order/referral (if needed)



# It's never too late to start

- Annual physical
- Blood pressure
- Height and weight
- Bloodwork
- Mammogram
- Immunizations
- Cervical cancer screening
- Colon cancer screening
- Lung cancer screening

# Questions and Answers

Feel free to put your questions  
in the chat

Or unmute to ask



# ParTNers Health & Wellness Center Reminders

## ► The ParTNers Health & Wellness Center

- Downtown Nashville on the 3rd floor of the WRS TN Tower
- State and higher education employees enrolled in the State Group Health Insurance Plan
- Parking available!! (with an appointment)

## ► The center provides the following healthcare services to eligible employees (in person visits or video telehealth available):

- Sick and injury visits
- Biometric screening and preventive screenings/physicals
- Allergy shots and certain immunizations
- Chronic condition management
- Employee assistance counseling services
- Onsite health coaching





Reach out!

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