



Georgia Regents Medical Center Open Enrollment

Spend Less, Feel Better, Be Healthier

Your health is your greatest asset. That's why it's important to do all you can to protect it. So, in addition to seeing the doctor when you are not feeling well, you should consider getting regular preventive care (such as physicals), eating right, and exercising. Small changes in your behavior can add up to great things: a healthier body, a happier outlook and even a thicker wallet.

By taking care of your health proactively, you might be able to prevent major health conditions from developing. But if you do have a serious or chronic condition, programs from GRMC may help.

Members of the GRMC health plan will continue to be provided opportunities to receive preventive/routine care benefits to assist in evaluating or assessing your health and well-being for possible detection of unrevealed illness or injury. These may also improve health and extend life expectancy. For example...

All Members

- Yearly preventive medical visits (wellness exams)
- All standard immunizations recommended by the American Committee on Immunization Practices
- Hearing Exams
- Eye Exams/Eye Refractions
- FDA-approved contraceptive methods, sterilization procedures, and patient education and counseling, not including abortifacient drugs

Screening services for all members at appropriate ages or risk status

- Colorectal cancer screening (fecal occult blood testing, sigmoidoscopy, colonoscopy, CT colography) – for adults over age 50
- Cholesterol and lipids screening
- Screening and counseling for certain sexually transmitted diseases and HIV
- High-intensity behavioral counseling to prevent sexually transmitted infections (STIs) for all sexually active plan members and those at increased risk for STIs
- Alcohol misuse screening and counseling
- Tobacco use screening, counseling and cessation interventions for those who use tobacco products
- Substance abuse screening and counseling
- Nutritional counseling for adults at higher risk for chronic disease
- High blood pressure screening
- Diabetes screening
- Depression screening
- Screening and counseling for obesity (adults and children)

For Women

- Well-women visits to obtain recommended preventive services for women under 65
- Screening mammography 1 time per year for all adult women age 40 or older
- Counseling and evaluation for genetic testing for BRCA breast cancer gene for all women at higher risk
- Screening for cervical cancer including Pap smears
- Screening for gonorrhea and syphilis
- Screening for chlamydia infection for all pregnant women aged 24 and younger and for older pregnant women who are at increased risk
- Screening for pregnant women for anemia and iron deficiency, bacteriuria, hepatitis B virus
- Rh Incompatibility screening for all pregnant women and follow-up testing for women at high risk
- Instructions to promote and help with breast feeding
- Screening for osteoporosis for those age 60 or older
- Counseling for those at high risk for breast cancer for chemoprevention
- Expanded counseling for pregnant tobacco users
- Screening and counseling for domestic and interpersonal violence for all women
- High risk HPV DNA testing every three years for women with normal cytology results who are 30 or older

For Men:

- Screening for prostate cancer for those age 40 and older
- One-time screening for abdominal aortic aneurysm for those ages 65 to 75 who have ever smoked

For Children:

- Height, weight and body mass index (BMI) measurements for children
- Behavioral assessments for children of all ages
- Screening newborns for hearing, thyroid disease, phenylketonuria, hemoglobinopathies or sickle cell
- Standard metabolic screening panel for inherited enzyme deficiency diseases
- Screening for major depressive disorders
- Vision screening
- Developmental screening for children under age 3, and surveillance throughout childhood
- Screening for lead and tuberculosis
- Oral health risk assessment
- Gonorrhea preventive medication for the eyes of all newborns
- Hematocrit or hemoglobin screening for children

Additional Preventive Practices, that are acceptable by the US Preventive Services Task Force and Patient Protection and Affordable Care Act, include...

- Use of aspirin for men in age 45 to 79 for the Prevention of Cardiovascular Disease
- Use of aspirin for women age 55 to 79 years
- Folic Acid supplements for women who may become pregnant
- Iron supplements for children ages 6 to 12 months at risk for anemia
- Medical history for all children throughout development
- Fluoride for prevention of dental cavities for children
- Gestational diabetes screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
- Autism screening for children at 18 and 24 months