

MAKING NEW YEAR'S RESOLUTIONS?

ADD A PHYSICAL TO YOUR LIST

When did you last have a physical? It's easy to put off going to the doctor when you're feeling well; but people of all ages, even healthy ones, should see their health care providers on a regular basis. And if you have an ongoing health issue, or you are worried about some unusual symptoms, it's even more important to make that appointment.

Here's why you and your family members need regular physical exams:

- ✓ **To build a good relationship with your physician**
- ✓ **For early detection and treatment of harmful diseases and conditions**
- ✓ **To update vaccinations**
- ✓ **To help you avoid common illnesses**
- ✓ **To assess possible health risks**
- ✓ **To help you adopt a healthy lifestyle**

Did you know that Costco's medical insurance covers your annual physical exam and routine screenings? It does! There is no deductible, and if you are on the Managed Choice plan you only pay your office visit co-pay for your exam. Your lab work and screenings are subject to your standard co-insurance payment (10% or 20%, depending on your plan).

To see how often you and your family members should have a physical and which screenings you should have, based on your age, visit www.costcobenefits.com > Health Improvement > Aetna Preventive Care Schedule.

