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FIND MORE: NEWS FOR YOUR HEALTH

Capital Journal is home to health and wellness articles just for you. Have questions about health screenings, mental wellness, or preventive care? See if we have what you're looking for. Below are the latest.

Five Things You Can Do for Healthy Eyes

As you age, so do your eyes. Protect them now so they're still healthy later. Here are five excellent tips to get you started.

Get Screenings and Catch Cancer Early

Unfortunately, cancer doesn't start when your symptoms start. Some cancerous cells can be found in your body earlier than you think. That's why it's best to get cancer screenings when they are recommended. If you find cancerous cells early enough, outcomes are better! Here are some key screenings you should consider.



STOP AN ILLNESS BEFORE IT STARTS

What if you could stop an illness before you had symptoms? Preventive care isn't just a catch phrase. It's an effective way to prevent severe health issues, from **diabetes** and high blood pressure to **cancer**. Did you know that if everyone in the United States received recommended preventive care, we could **save over 100,000 lives each year**? That's how important preventive care is.

We don't always know what the future holds, but we can make efforts to make it a healthy one. From choosing a healthy lifestyle to getting routine preventive care, you have more control of your health than you may think.

Start now

Preventive care is different for each person depending on gender and age. Visit our [preventive care page](#) to see what types of services are recommended, when you should get them, and which are covered by your health plan. Here's a short guide to get you started.

Infants and children

- Scheduled vaccines, such as chickenpox and polio
- Well visits according to the preventive care schedule

Women and girls

- An annual wellness exam to discuss any possible health concerns
- Scheduling adult vaccines such as pneumonia or flu
- Screening for breast cancer for women aged 40–74
- Screening for cervical cancer for women aged 21–65
- Screening for colorectal cancer for women aged 50–75

Men and boys

- An annual wellness exam to discuss any possible health concerns
- Scheduling adult vaccines such as pneumonia or flu
- Screening for colorectal cancer for men aged 50–75
- Screening for prostate cancer for men aged 50 and older (aged 19 for those at high risk)

*You can see what services are covered under your plan by logging in to [your secure account](#) and looking at your summary of benefits.



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