

Do what you can
to be healthy.

And we'll help you
along the way.

*The preventive services listed inside
are covered by most insurances.*



Physicians Group (608) 524-8611

Open Monday - Friday 7:00 a.m. - 5:00 p.m.

Closed weekends

Hospital (608) 524-6487

Community Pharmacy (608) 524-6177

Viking Pharmacy (608) 524-6868

Specialty Group (608) 768-3900

Surgical Group (608) 524-2349

Senior Life Center (608) 524-6577

ramchealth.com

Preventive Care Plan

for women



Have a conversation
with your provider today.



What	Who	When	Why
Physical Exam	Everyone	Annually	A full check up including height, weight and BMI is recommended annually.
Blood Pressure Screening	Everyone	Annually with a goal blood pressure of less than 130/80	To detect high blood pressure (hypertension) — which increases risk for heart attack, stroke, heart and kidney failure.
PAP and Pelvic Exam	Females 21 and older	21-65 years of age should have a PAP screening at least every 3 years and more often if recommended by your provider. Age 30-64 who had a PAP/HPV combined testing will need retesting in 5 years.	Pelvic exams and PAP smears can detect cancerous and pre-cancerous changes of the cervix. When caught early, the treatment success rate is very high.
Chlamydia Testing	Screening sexually active females age 16-24 or on birth control	Annually	To detect Chlamydia trachomatic infections. There are no symptoms and therefore patients are unaware that they have an infection. Untreated infections can lead to serious and irreversible complications.
Mammogram	Females 45-50 years and older	Once every 1 to 2 years	Mammogram x-ray can detect lumps in breast tissue earlier than a physical examination.
Colon and Rectal Cancer Screenings	Everyone age 45 and older (earlier if risks are high)	Fecal Occult Blood Test annually, sigmoidoscopy every 5 years, colonoscopy every 10 years or Cologuard every 3 years	Tests include fecal occult blood test, sigmoidoscopy, colonoscopy and Cologuard. Increased risk includes personal or family history of colon and rectal cancers, polyps or inflammatory bowel disease.
Bone Density Test	Women 65 years and older	Repeat every 1-5 years (dependent on initial screening results)	To test for low bone density or loss of bone mass (osteoporosis). Risks include prior fractures and family history of osteoporosis.
Hearing Evaluation	Everyone	Difficulty hearing or long term exposure to noise	To determine if hearing loss is present. Hearing loss is determined individually for each ear and entered in an audiogram.
Tetanus Immunization	Everyone	Every 10 years	Protect against tetanus, diphtheria and pertussis.
Influenza Vaccine	Everyone	Annually	Protect against influenza.
Pneumococcal Vaccine	65 years and older (younger if risk factors)	Once	Protect against pneumonia.
Shingles Vaccination	50 years and older	Two dose series	Protect against Shingles caused by Varicella Zoster virus.
Cholesterol Screening	35 years and older	Every three to five years	Too much cholesterol in your blood can cause a heart attack or a stroke. You could have high cholesterol and not know it.
Depression Screening	Everyone	Annually	Depression is an illness that involves the brain. It can affect your thoughts, mood, and daily activities. Depression is more than feeling sad for a few days.
Type 2 Diabetes Screening	Everyone 35 years and older with BMI over 25	Every 3 years	Diabetes is one of the leading causes of disability and death in the United States. If it's not controlled, diabetes can cause serious health problems.
Obesity Screening & Counseling	Everyone	Annually	Eating healthy is good for your overall health. Making smart food choices can also help you manage your weight and lower your risk for certain diseases.
Tobacco Use Screening	Everyone	Annually	Quitting smoking is one of the most important things you can do for your health. The sooner you quit, the sooner your body can start to heal. You will feel better and have more energy to be active with your family and friends.