

Taking care of yourself can get pushed down the to-do list when life gets busy. But making time for Preventive care can help you stay strong for yourself and your family. The National Railroad Plans Health & Welfare Benefits fully cover eligible preventive services when you see an in-network provider. That means there's no additional cost to you. Check out the advantages of scheduling preventive care screenings.

A wellness visit is an annual health check-up recommended for everyone. The National Railroad Plans cover wellness visits for all ages, recurring as appropriate. Your doctor may examine your height, weight, heart rate, blood pressure, cholesterol, and blood sugar. The numbers can reveal minor issues before they become big ones, possibly making them easier to treat.

A mammogram is a way to screen for breast cancer. It creates an X-ray picture to spot signs of disease. Early detection may help with treatment and survival. A mammogram every two years starting at age 40 is recommended for those at average risk. Some decide, with help from their doctor, to start earlier or screen more often. The National Railroad Plans provide coverage to do so.

A colorectal screening looks for signs of cancer of the colon and / or the rectum. It might find pre-cancerous polyps – which when caught and treated early may prevent cancer. Cancer found early may be easier to treat. Recommendations encourage anyone at average risk to get a colorectal screening starting at age 45. That could include a colonoscopy or possibly a home test. Your doctor can help you choose and help you decide when and how often to screen.

Cervical cancer caught early is often treatable. A screening, or Pap Smear, is recommended for 21- to 29-year-olds every three years. It can help find cancer or abnormal cells. There's also human papillomavirus or HPV testing. It detects HPV – the virus that causes most cervical cancers. After age 29, recommendations call for a Pap Smear every three years or an HPV test every five years. You may choose to combine the two. The National Railroad Plans cover these screenings at earlier ages and recurring as appropriate.

You work hard and deserve to feel great. Taking advantage of fully covered in-network preventive care screenings can help. Take time to take care of you. Make your appointment today.