

KentuckyOne Health Partners

HEALTH REMINDERS!

Don't let the calendar year end without taking advantage of **FREE HEALTH SCREENINGS** provided through your **2018 CHI Medical Plan benefits**

✓ **Schedule a FREE Annual Wellness Exam**

Create a personalized wellness plan, review your medical history, medications and get help scheduling appropriate screenings.

✓ **Schedule your Mammogram**

Call the nearest KentuckyOne Health facility to schedule before year-end. Women, age 40+ should have a screening mammogram every 24 months.

✓ **Get an A1c**

If you have diabetes, you should have an A1c test at least twice each year or as directed by your primary care provider.

✓ **Schedule your Colonoscopy**

If you are age 50 or older, call 855.34.KYONE (59663) to schedule a screening colonoscopy. You can also talk with your primary care provider about other approved colon cancer screening tools.



Need a primary care provider? Call 844.595.3503 for help finding a provider.

KentuckyOne Health employees and their dependents using the CHI Medical Plan have the benefit of using the services of KentuckyOne Health Partners.

Call 877.543.5768 or visit KentuckyOneHealthPartners.org and let KentuckyOne Health Partners help:

- One on one support from a health coach to coordinate care
- Questions about medications
- With questions about a new diagnosis, weight loss, smoking cessation or how to save money on your medications
- Directions on how to find In-Network/Tier 1 providers, specialists and facilities