UnitedHealthcare®

PREVENTIVE HEALTH:
THE IMPORTANCE OF ROUTINE SCREENINGS

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THE LSU HEALTH PLAN

PREVENTIVE HEALTH:
THE IMPORTANCE OF ROUTING SCREENINGS

Introduction

As we age, our bodies and our minds change.

We develop aches and pains in places we've never had them before.

We forget things that previously seemed unforgettable like our wedding anniversary or spouse's birthday.

PREVENTIVE HEALTH:
THE IMPORTANCE OF ROUTING SCREENINGS

Introduction

For most older adults, aches, pains and memory loss are a daily part of getting older.

And since we all know that mother nature and time are undefeated, all we can do is work at making getting older as easy as possible.

PREVENTIVE HEALTH:
## THE IMPORTANCE OF ROUTING SCREENINGS

Introduction

That is the focus of this health and wellness workshop.

Today we will learn about the importance of taking preventive health measures through routine health screenings so you can lead a healthier and happier life.

PREVENTIVE HEALTH:
THE IMPORTANCE OF ROUTING SCREENINGS

Key Topics

- Why You Need Routine Health Screenings

- The Importance of Screening for…

  - Hypertension
  - High cholesterol
  - Arthritis
  - Diabetes
  - Vision & Hearing

  - Breast Cancer
  - Prostate Cancer
  - Kidney Disease
  - Alzheimer's & Dementia
  - Depression

- The UnitedHealthcare App for Members

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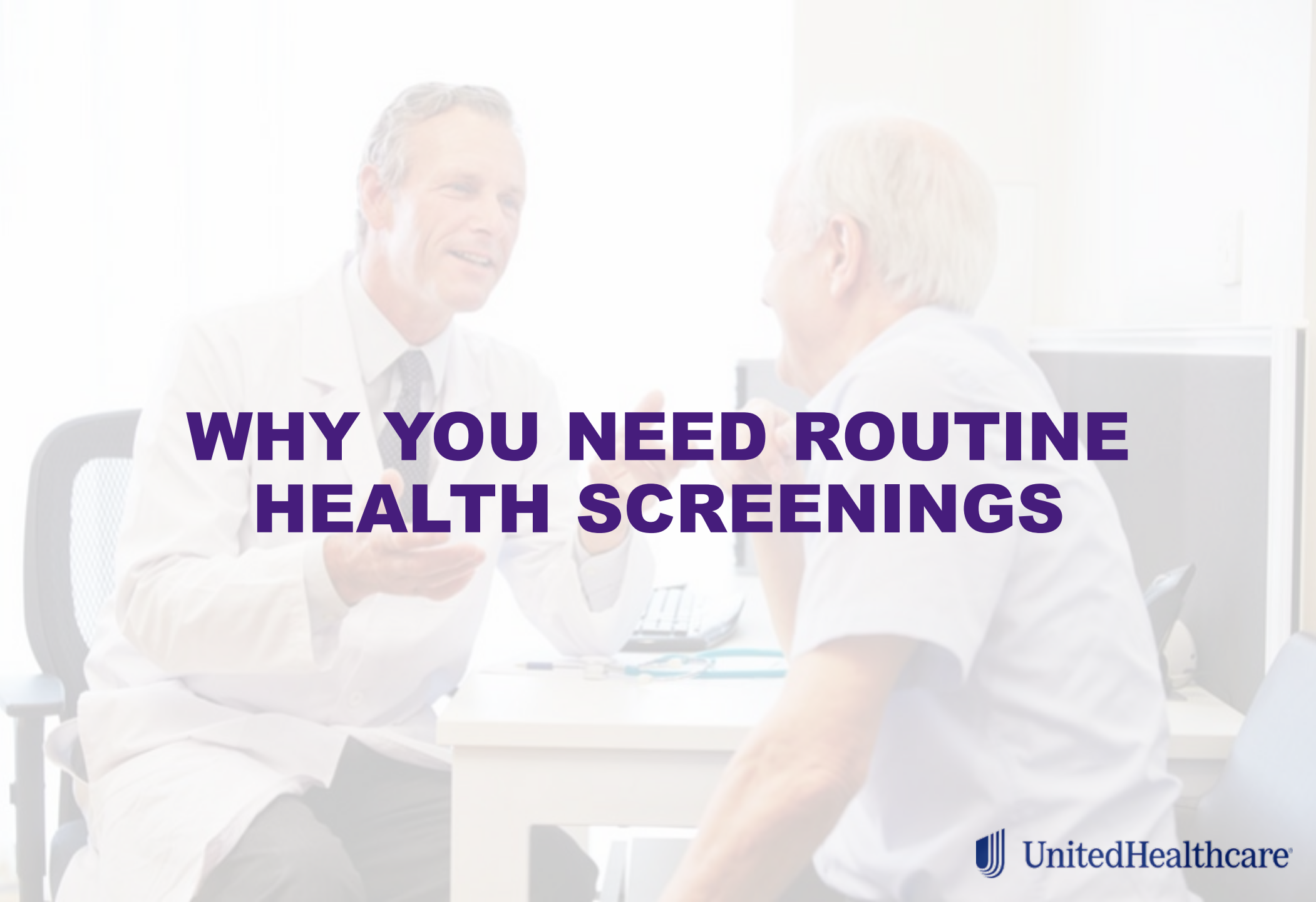
WHY YOU NEED ROUTINE HEALTH SCREENINGS

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Routine health screenings are an important aspect of preventive health care because they help detect potential health issues early, often before symptoms appear.

https://www.hopkinsmedicine.org/

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Many common diseases, like high blood pressure and diabetes, can develop without noticeable signs.

By catching these conditions early, doctors can recommend treatments or lifestyle changes that can prevent serious complications down the road.

https://www.hopkinsmedicine.org/

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Routine screenings also help establish a baseline of your health, which can make it easier for you and your doctor to track any changes over time.

The following are some of the most important reasons why you need routine health screenings.

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Early Detection of Health Issues: Many conditions, such as heart disease and cancer, can develop without obvious symptoms in the early stages.

Regular screenings help detect these conditions before they become severe, improving the chances of successful treatment.

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Preventive Care: Screenings can identify risk factors that may not yet cause symptoms but could lead to bigger health problems down the road.

This allows for preventive measures to be taken, such as lifestyle changes or medications.

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Managing Chronic Conditions: Many older adults live with chronic conditions like hypertension and arthritis.

Routine screenings help monitor the progression of these conditions, allowing your doctors to adjust treatment plans accordingly to prevent complications.

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WHY YOU NEED ROUTINE HEALTH SCREENINGS

Improved Quality of Life: Catching health issues early can prevent them from worsening, which means older adults can maintain their independence, mobility, and overall well-being for longer.

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Cost-Effectiveness: Addressing health issues early often costs less than treating advanced stages of a disease, which can be expensive and require extensive treatment.

WHY YOU NEED ROUTINE HEALTH SCREENINGS

Mental Health: Regular health checks can also include screenings for depression or cognitive decline, helping to address mental health issues that might otherwise go unnoticed and affect your quality of life.

WHY YOU NEED ROUTINE HEALTH SCREENINGS

What screenings are most important for you will depend on your specific health history and risk factors.

Ultimately, routine health screenings can save lives by improving the chances of catching issues when they're more treatable and manageable.
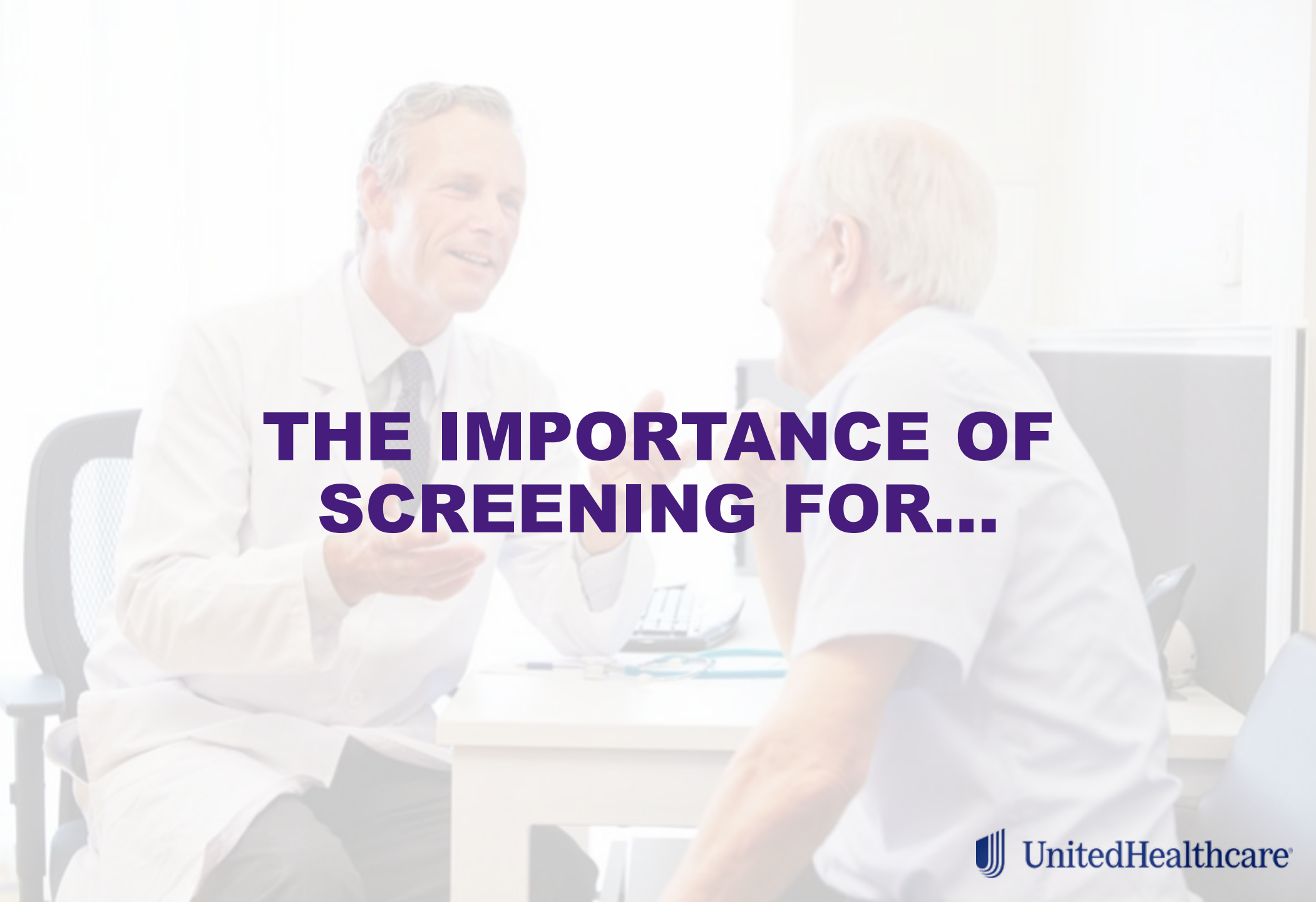
THE IMPORTANCE OF SCREENING FOR...

THE IMPORTANCE OF SCREENING FOR...

Not that we've discussed, in general, the importance of routine screenings for better health outcomes, let's look a little closer at the importance of screening for some of the most common health conditions affecting older adults.

THE IMPORTANCE OF SCREENING FOR...

HYPERTENSION

It's important for seniors to screen for hypertension because high blood pressure often develops silently and without noticeable symptoms.

Here the key reasons why regular screening for hypertension matters:

THE IMPORTANCE OF SCREENING FOR...

HYPERTENSION

- *Prevention of Heart Disease & Stroke*
  Hypertension is a leading cause of heart attacks and strokes. Early detection and management can reduce these risks.

- *Reduced Risk of Kidney Damage*
  High blood pressure can strain the kidneys, potentially leading to kidney disease or failure.

THE IMPORTANCE OF SCREENING FOR...

HYPERTENSION

- *Protection Against Cognitive Decline*
  Hypertension is linked to an increased risk of dementia and cognitive impairment in older adults.

- *Lower Risk of Vision Loss*
  Uncontrolled high blood pressure can damage blood vessels in the eyes, leading to vision problems.

THE IMPORTANCE OF SCREENING FOR...

HYPERTENSION

- *Better Quality of Life*
  Managing hypertension through lifestyle changes and medication helps seniors stay active, independent, and healthier for longer.

Since hypertension can go unnoticed, regular screenings help ensure timely treatment and lifestyle adjustments, ultimately improving longevity and well-being.

THE IMPORTANCE OF SCREENING FOR...

HIGH CHOLESTOROL

Screening for high cholesterol is crucial for seniors because it helps prevent serious health issues, including heart disease and stroke.

As people age, their risk of developing high cholesterol increases due to factors like slower metabolism, dietary habits, and reduced physical activity.

THE IMPORTANCE OF SCREENING FOR...

HIGH CHOLESTOROL

Regular screenings allow for early detection and management through lifestyle changes or medication, reducing the risk of heart attacks, strokes, and other cardiovascular diseases.

Since high cholesterol often has no symptoms, screening is the only way to identify and address the issue before it leads to complications.

THE IMPORTANCE OF SCREENING FOR...

ARTHRITIS

It's important for seniors to screen for arthritis because early detection allows for timely intervention, which can slow disease progression and reduce joint damage.

THE IMPORTANCE OF SCREENING FOR...

ARTHRITIS

Arthritis can lead to joint deformities and reduced mobility if left untreated and it can be linked to other health issues like osteoporosis or cardiovascular disease, making screening even more important.

THE IMPORTANCE OF SCREENING FOR...

DIABETES

It's important for seniors to screen for diabetes because aging increases the risk of developing type 2 diabetes, and early detection can prevent serious complications.

THE IMPORTANCE OF SCREENING FOR...

DIABETES

Undiagnosed or poorly managed diabetes can lead to severe health issues, including heart disease, kidney failure, nerve damage, and vision loss.

Diabetes can develop gradually without noticeable symptoms, leading to delayed diagnosis and complications, which is why seniors need to screen for diabetes.

THE IMPORTANCE OF SCREENING FOR...

VISION & HEARING

Vision and hearing problems can sometimes be early signs of other health conditions, like diabetes, high blood pressure, or neurological issues.

Vision and hearing problems also increase the risk of falls or accidents, which can be very dangerous for seniors.

THE IMPORTANCE OF SCREENING FOR...

VISION & HEARING

Some conditions, like macular degeneration, glaucoma, and age-related hearing loss, can worsen over time, that's why regular exams can help manage these conditions before they cause irreversible damage.

THE IMPORTANCE OF SCREENING FOR...

BREAST CANCER

Breast cancer screening is important for senior women because it helps detect cancer early when it is easier to treat and often more curable.

THE IMPORTANCE OF SCREENING FOR...

BREAST CANCER

Even though the risk of breast cancer increases with age, early detection through screening (like mammograms) can lead to better outcomes, including less aggressive treatments and higher survival rates.

THE IMPORTANCE OF SCREENING FOR...

BREAST CANCER

For older women 70 and above, the guidelines for screening can vary based on overall health, life expectancy, and personal preferences, but many health experts recommend continuing regular screening as long as the woman is in good health and has a reasonable life expectancy.

THE IMPORTANCE OF SCREENING FOR...

PROSTATE CANCER

Older men should consider screening for prostate cancer because it's a common cancer that can develop slowly over time, and early detection can lead to more effective treatment.

THE IMPORTANCE OF SCREENING FOR...

PROSTATE CANCER

As men age, the risk of developing prostate cancer increases, and screening can help identify potential issues before they become serious or symptomatic.

THE IMPORTANCE OF SCREENING FOR...

PROSTATE CANCER

Prostate cancer is detected through a blood test measuring the prostate-specific antigen (PSA) level or a digital rectal exam (DRE) that can detect problems earlier.

Detecting it early can lead to a higher chance of successful treatment and better outcomes.

cologuard
Stool DNA test | Rx only

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THE IMPORTANCE OF SCREENING FOR...

PROSTATE CANCER

it's a good idea for older men to have a conversation with their healthcare provider about their individual risks and the potential benefits and drawbacks of screening based on their personal health history.

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THE IMPORTANCE OF SCREENING FOR...

KIDNEY DISEASE

Screening for kidney disease is especially important for seniors because as people age, the risk for kidney problems increases.

Here's why...

THE IMPORTANCE OF SCREENING FOR...

KIDNEY DISEASE

As people get older, kidney function tends to decline naturally, even without disease.

However, seniors are also more likely to have conditions that accelerate kidney problems, such as high blood pressure, diabetes, or heart disease.

THE IMPORTANCE OF SCREENING FOR...

KIDNEY DISEASE

Many medications, especially those commonly prescribed to seniors (like painkillers, blood pressure meds, or diabetes drugs), can affect kidney function.

Regular screening helps to monitor kidney health and adjust medications to avoid further damage.

THE IMPORTANCE OF SCREENING FOR...

ALZHEIMER'S & DEMENTIA

While there are no cures for Alzheimer's and dementia, early intervention with medications and lifestyle changes can slow disease progression and manage symptoms more effectively.

THE IMPORTANCE OF SCREENING FOR...

ALZHEIMER'S & DEMENTIA

Early diagnosis also allows individuals and families to make informed decisions about care, legal matters, finances, and living arrangements before cognitive decline becomes severe.

THE IMPORTANCE OF SCREENING FOR...

ALZHEIMER'S & DEMENTIA

Screening for Alzheimer's and dementia is important for seniors because early detection can lead to better management and improved quality of life.

THE IMPORTANCE OF SCREENING FOR...

DEPRESSION

Screening for depression in seniors is crucial because it helps identify a condition that is often underdiagnosed and untreated in older adults.

Here's why it's important:

THE IMPORTANCE OF SCREENING FOR...

DEPRESSION

- Depression in seniors can present differently than in younger adults, often showing up as fatigue, cognitive decline, or physical complaints rather than sadness.

  Screening helps catch these less obvious signs.

THE IMPORTANCE OF SCREENING FOR...

DEPRESSION

- Undiagnosed depression can lead to social withdrawal, loss of interest in activities, and a lower overall quality of life.

Treatment can help restore enjoyment in daily life.

THE IMPORTANCE OF SCREENING FOR...

DEPRESSION

- Depression is linked to higher risks of chronic illnesses like heart disease, diabetes, and cognitive decline, as well as a weakened immune system.

THE IMPORTANCE OF SCREENING FOR...

DEPRESSION

Depression is treatable with therapy, medication, lifestyle changes, and social support. Screening ensures that seniors receive the help they need.

Regular depression screening is a simple but vital step in maintaining mental and physical well-being in older adults.

THE UNITED HEALTHCARE APP FOR MEMBERS

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Through the **UnitedHealthcare App,** you can get instant access to the answers and support you need, and you LSU health plan details anytime, anywhere 24/7.

THE UNITED HEALTHCARE APP FOR MEMBERS

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Search for network providers near you, see ratings and reviews, and estimate your out-of-pocket costs for different types of visits.

Refill Prescriptions

Conveniently request refills right from the app, look up drug prices and search for pharmacies near you.

THE UNITED HEALTHCARE APP FOR MEMBERS

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THE UNITED HEALTHCARE APP FOR MEMBERS

Check Your Benefits and Coverage

Find copay and coinsurance amounts, view plan spending and see how your plan covers different types of care and services.

View Your Claims

Check the status of new and past claims, see the amount you were billed, what your plan paid and how much you owe.

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