How to Use the Preventive Screenings Tool Kit

*my*BlueWellness

Providing health and wellness information is the first step in helping your employees better manage their health. Blue Cross and Blue Shield of Alabama offers the Preventive Screenings Tool Kit as a program guide to help you educate employees about the importance of preventive screenings for adults.

Facts About Preventive Screenings:

- Preventive care is one of the most important ways to improve the health of individuals and control rising healthcare costs.

- Many people do not know which preventive screenings are recommended or understand their risk factors. Educating your employees about preventive screenings empowers them to seek the appropriate screenings.

- Disease, injury and premature death can often be avoided if preventive screenings are delivered as recommended.

- Healthcare costs can be controlled by shifting spending from high-cost disease treatment to low-cost early detection or intervention.

- Take this opportunity to remind your employees which preventive screenings and benefits are covered on your plans, and consider adding coverage for preventive screenings that are not currently covered.
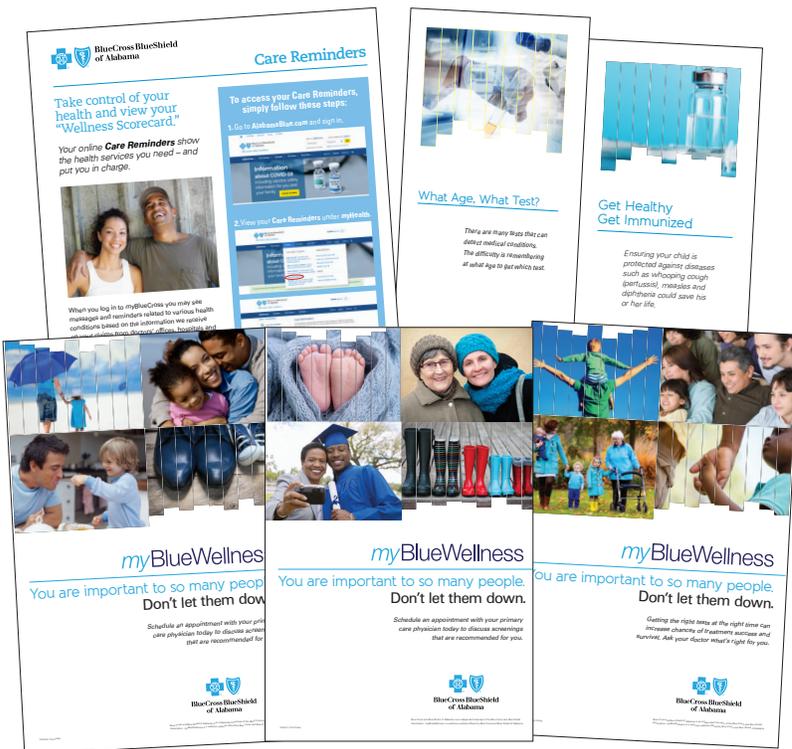
It's easy to download the Preventive Screenings Tool Kit materials, simply follow these steps:

1. Go to **AlabamaBlue.com/employers.**

2. Select "**Forms and Materials.**"

3. Enter the form number for the materials you'd like to download.
   - Download and print materials from the tool kit, or
   - Call your Marketing Representative to order materials for your wellness campaign

Form Stock #	Title
FHV-47	Preventive Screenings: Women
FHV-48	Preventive Screenings: Men
FHV-49	Preventive Screenings: Family
FYH-12	Get Healthy, Get Immunized-Handout
FYH-30	What Age, What Test?-Handout
FYH-307	Care Reminders-Handout

BlueCross BlueShield of Alabama

Here are a few suggestions for using the Preventive Screenings Tool Kit:

- Invite a local nurse or doctor to speak to your employees about the importance of preventive screenings for adults. Use the materials in this tool kit as class handouts.
- Schedule a health fair and offer some on-site screenings. Provide the brochures and wallet cards for employees visiting the health fair.
- Use the educational calendar and corresponding FYH pieces in your company newsletter, email blasts or staff meetings.

- Use several means of communication to spread the message about the importance of preventive screenings.
- Use a quiz to test your employees' knowledge. Draw a prize winner from the correct responses.
- Place the posters around your facility to remind employees to schedule preventive screenings.

Prevention Quarterly Calendar

- We believe in the adage, "An ounce of prevention is worth a pound of cure." Blue Cross has provided ideas for you to share with your employees throughout the year about maintaining health through awareness and early detection.
- This quarterly calendar highlights national observance topics surrounding prevention and suggests accompanying educational materials (complete with title and stock number for easy ordering or downloading) that can help you spread the word.

Quarter 1: Raising Your Awareness

Stock #	Title
FYH-4	Lowering Your Cholesterol
FYH-47	Coronary Artery Disease: Know the Signs

Quarter 3: Men's Health and Immunizations

Stock #	Title
FYH-121	Prostate Cancer: Are You at Risk?
FYH-139	Testicular Cancer: Early Detection is Essential
FYH-12	Get Healthy, Get Immunized
FYH-60	Forecasting Flu Season

Quarter 2: Preventive Screenings and Nutrition

Stock #	Title
FYH-30	What Age, What Test?
FYH-185	Colorectal Cancer: What You Should Know
FYH-99	Food for the Heart
FYH-189	Better Health with Fruits and Vegetables

Quarter 4: Women's Health and Stress Management

Stock #	Title
FYH-46	Breast Cancer: Take Steps for Early Detection
FYH-183	Cervical Cancer: What You Should Know
FYH-11	Give Stress a Rest
FYH-14	Exercise: Make Time for It