**Preventative Care**

An annual physical/checkup is a preventative care visit focused on detecting health conditions before they appear. This provides you an opportunity to discuss any questions or concerns regarding your health, and receive health advice from your primary care provider. VNA encourages all employees to see their physicians annually to reduce risk for disease such as blood sugar, cholesterol, and blood pressure. Effective 12/1/2022 you will receive Loyalty Reward points for providing an EOB or physician note to the Human Resource Generalist (DeAnne Mundy) showing the following annual checkups were completed:

**Annual checkups:**

Dental preventative exam 50 points

Hearing/Vision exam 50 points

Annual Health screenings 50 points

* High Blood Pressure
* Mammogram
* PAP screening
* Colorectal Screening
* Colonoscopy
* Prostate Exam
* Testicular Exam
* Bone Density Exam
* Skin screening
* Diabetes screening

Immunizations: 50 points

* Flu Shot vaccine
* Shingles vaccine
* Covid-19 vaccine/doses

Annual Blood Work 50 points

Blood work may contain the following screenings:

* HDL and LDL cholesterol
* Complete blood count
* Basic or complete Metabolic Panel
* Thyroid Panel
* Liver Enzyme Markers
* Plasma Glucose

Each individual may have additional blood work, screenings, and tests recommended by a provider based on your personal history.