

PACK IT UP PREVENTION



Please note, these are general guidelines and do not take into account additional risk factors. For a preventative screening guide specific to you, consult your care physician.



Diabetes (Type 2)

Start at 40, then every 3 years / If risk factors are present, annually with BMI 25 or higher and has one (or more) risks factors

Screening method: Fasting blood glucose



Colorectal Cancer

Start at 45, then every 5-10 years / If risk factors are present, start at 45 or earlier, if there is family history

Screening method: Colonoscopy or other options available



Bone Density

Annually for women over 65

Screening method: Bone Density Test (DEXA) scan



Cervical Cancer

Start at 21 or with onset of sexual activity, then annually (Pap test). Start at 30, then every 3 years (HPV testing)

Screening method: Pap and HPV test



Breast Cancer

Start clinical exam at 21, then every 3 years. Start mammogram at 40, then every 1-2 years

Screening method: Breast exam (including self) and mammogram



Prostate Cancer

Men who are 55 to 69 years old should make individual decisions about being screened for prostate cancer

Screening method: Prostate specific antigen (PSA) test



Cholesterol

Individuals at low to high risk of cardiovascular disease should be tested every year. Individuals with very low risk should be tested every 4-5 years.

Screening method: Lipid profile - triglycerides, total cholesterol, HDL and LDL

***Dow employees participating in the Wellbeing Portal may receive up to 300 points for completing at least 3 preventive screenings annually. See your personal Portal for more information.**