



Carolinas HealthCare System

Your Health
and Retirement
at CHS

Did YOU Know?

Preventive Care

Teammates,

The CHS LiveWELL Health Plan covers preventive care at 100 percent. One of the most important things you can do for your health is to take time for preventive care. Preventive care includes your annual wellness exam, routine immunizations and age appropriate screenings. Additionally, [Time Out for Prevention](#) provides teammates with up to two hours of paid time for preventive care services.

In 2015:

- 78 percent of female teammates age 40+ had a mammogram
- 72 percent of female teammates ages 21-65 had a pap smear
- 73 percent of male and female teammates had a physical exam
- 47 percent of male and female teammates age 50+ had a colonoscopy

There is always room for improvement. I am proud that Carolinas HealthCare System's compliance rates for preventive care services are truly best in class compared to other healthcare systems and industries.

To learn more about preventive care, please review the [2016 Preventive Care Guide](#).

Please know, one of the reasons we celebrate Heart Health, Family Health and Breast Health is to remind all teammates about the importance of regular preventive care and screenings.

If you have benefits questions, you can get answers anytime, anywhere, on any device at healthandretirement.carolinashealthcare.org.

Have a wonderful week.

Debra

Debra Plousha Moore

Chief Human Resources Officer
Executive Vice President

Together, let's prepare for today and plan for the future.

To learn more about Your Health and Retirement at CHS, please visit:
healthandretirement.carolinashealthcare.org