



## 2025 HEP Required Exams and Screenings

PREVENTIVE SCREENINGS	Dependent Requirements	Employee and Spouse Requirements				
	6-25 years	18-29 years	30-39 years	40-49 years	50-64 years	65+ years
Preventive Visit		Every 2 years				
Dental Cleaning	At least 1 per year	At least 1 per year				
Cholesterol Screening		Every 5 years (age 20+)				
Breast Cancer Screening (for women)		N/A		Mammogram every 2 years to age 75		
Cervical Cancer Screening (for women)		Pap every 3 years (age 21+)	Pap only every 3 years or Pap/HPV combo every 5 years			N/A
Colorectal Cancer Screening		N/A		Colonoscopy every 10 years (45+), Cologuard screening every 3 years, or Annual FIT/FOBT to age 75		

### Save big with HEP

When you and your enrolled family members participate in HEP, you'll pay lower monthly premiums and no in-network deductible. If you or your spouse has a chronic condition and complete your HEP requirements, you may earn a \$100 incentive and save on prescriptions.



**The Health Enhancement Program has saved the lives of state employees and their family members through early detection.**