

Schedule of Preventative Screening Requirements

Overview Of Annual Preventative Medical Requirements

Ref #	Primary Preventative Screening Requirement					Secondary Preventative Screening Requirement	
	Name of Test	Compulsory Or Optional?	Age Range	Sex	Frequency	Name of Test	
1	Fasting Glucose	Compulsory	>30	M & F	Annually	Diabetic Assessment	Fasting, with 2.5hr Post Prandial. Or Glucose Tolerance Test
2	Fasting/Random Glucose Test	Compulsory	>18 <30	M & F	Annually	Diabetic Assessment	Fasting, with 2.5hr Post Prandial. Or Glucose Tolerance Test Or HbA1C Test
3	Physical Exam	Compulsory	>18	M & F	Annually		
4	Urine Screening Test	Compulsory	>18	M & F	Annually	Kidney/Bladder Evaluation	Urine Micro and Sensity (UM/C/S)and Creatinine, and Blood Urea Nitrogen (BUN)
5	Cholesterol	Compulsory	>18	M & F	Annually	Complete Lipid Profile	
6	PSA	Compulsory	>40	M	Annually	Refer to Urologist	
7	Pap Smear	Compulsory if sexually active	>20	F	Annually	Refer to Gynecologist	
8	Mammogram	Compulsory	>18	F	Annually	Refer to Surgeon	
A	Liver Profile (GOT, GPT, GGT, Billirubin, Alk.Phos)	Optional*	>18	M & F	Annually	Biopsy	
B	Kidney Profile	Optional*	>18	M & F	Annually	Ultrasound and Intravenous Pyelogram (IVP)	
C	Diabetic Profile	Optional*	>18	M & F	Annually	HbA1C Test	

The above schedule provides a model of how the screening obligation can be configured. A member's actual screening schedule configuration will be determined by the Company, the member and doctor. NOTE: The Wellness Programme is not a static once-a- year Screening Programme. It is an ongoing Mentoring Programme providing daily support.