AGE FREQUENCY OF ROUTINE PHYSICAL EXAMINATIONS

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under age 30</td>
<td>Every 5 years</td>
</tr>
<tr>
<td>Ages 30 to 39</td>
<td>Every 4 years</td>
</tr>
<tr>
<td>Ages 40 to 49</td>
<td>Every 3 years</td>
</tr>
<tr>
<td>Ages 50 to 59</td>
<td>Every 2 years</td>
</tr>
<tr>
<td>Ages 60 or older</td>
<td>Annually</td>
</tr>
</tbody>
</table>

COVERED SERVICES

- Various Complete History & Physical
- Complete Blood Count (CBC)
- Complete Metabolic Panel (CMP)
- Lipid Panel
- LDL Cholesterol
- Total PSA*
- TSH (Thyroid Test)
- Routine UA
- Fecal Blood Screening Immunoassay (iFOBT)
- Pap Smear
- Mammography/Bilateral/XE
- EKG Resting **
- Treadmill
- Colonoscopy, Full***
- Colonoscopy, Flex, W/Biopsy
- Colonoscopy, w/Sumucosal Injection(s), any substance
- Colonoscopy, Full Remove Polyp(s)
- Colonoscopy, W/Hemorrhage Control
- TDAP Vaccine
- MMR
- Hepatitis B
- Varicella
- Flu Shot
- Nurse Administration
- Specimen Collection and Prep

* PSA performed at age 50, may be performed earlier if medical or family history warrant per physician discretion.

** EKG resting may be performed instead of treadmill within protocols and per physician discretion.

***Colonoscopy, minimum age 45.