

MIT Wellness Participation to Avoid 10% Surcharge

- Receive Wellness Screening every calendar year either through a primary physician or other program supported by your employer that does onsite screenings
- Receive age appropriate cancer screenings
 - Mammogram every year beginning at age 45 through age 54 and women 55 or older every 2 years
 - A pap test every 3 years beginning at age 21
 - A colonoscopy every 10 years beginning at age 50
- Participate in the PCM (Personal Care Management) program “only if invited” It is an invitation only program and most will not be included.

