|  |
| --- |
| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| Vitamin D screening not recommended in the general population **What is the current vitamin D testing recommendation?**  Vitamin D testing is not recommended for the general population. Your provider may consider checking your vitamin D level if you are among the small number of people who are high risk for significant vitamin D deficiency due to having certain chronic health conditions, specific symptoms, or other risk factors. Treating slightly low vitamin D levels for otherwise healthy individuals does not require testing. In most cases, a routine test will not be covered by insurance plans unless a medically necessary health condition demands it.  **How do I make sure I’m getting enough vitamin D?**  Through a combination of sun exposure, diet, and supplements as needed.  **Get consistent amounts of sun exposure**: Your body makes vitamin D when your bare skin is exposed to the sun. In areas with strong mid-day sunlight, five to thirty minutes of sun exposure daily to twice a week in the spring, summer, and fall may produce all the vitamin D needed throughout the year. People living in areas with limited strong mid-day sunlight will likely benefit from some supplementation. **Note:** ultraviolet radiation from sunshine can cause skin cancer, so it’s important to limit how much time you spend in the sun.  **Eating a varied diet**: It is hard to get the total amount of vitamin D that you need through diet alone. Most milk, cereal, and yogurt are fortified with vitamin D. Some foods such as fatty fish, egg yolks, and cheeses also naturally contain vitamin D.  **Supplements as needed**: Your primary care provider can help determine if and how much supplementation you may need. In routine cases, testing is not required to start supplementation. **Note**: vitamin D can interact or interfere with other medicines and supplements, so talk to your healthcare provider before taking one.  Regular preventive care visits with a primary care provider (PCP) who knows you well can help you find and address issues before they become serious. No provider? No problem. Use the Premera [Find a Doctor](file:///C:/Users/us61916/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/J4395CH9/Find%20a%20Doctor) tool. |
| Premera Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association P.O. Box 327, Seattle, WA 98111  [Discrimination is against the law.](https://www.premera.com/documents/037397.pdf) Premera Blue Cross complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. 038503 (01-01-2021)  [Español](https://www.premera.com/documents/037397.pdf) [中文](https://www.premera.com/documents/037397.pdf)  063131 (08-15-2023) |