

# Preventative Exams (1/1/2025– 12/31/2025)

Participants can earn points for completing certain preventative exams in 2025. Preventative exams are one of the most important things you can do for your health, to help treat any conditions, and monitor your health frequently. Certain preventative exams will be uploaded automatically from a claim submitted to Aetna and others will need to be self-submitted. Deadline to report any missing exams will be posted on [www.pcsb.org/limeade](http://www.pcsb.org/limeade).

## Automatically Uploaded Exams

The following exams are automatically uploaded through claims and should process automatically to your Limeade account. However, if you do not see your points within 60 days or before the end of 2025, you will need to contact the PCS wellness team (727-588-6031) to report these missing points.

- Annual Physical (500 points)
- Mammogram (500 points)
- Colonoscopy (500 Points)
- Well Women's Exam (500 points)

## Self-Submitted Exams

The following exams will need to be self-submitted through your Limeade account before 12/31/2025. After you complete the exam, you will find the activity on Limeade and enter in the information to earn these points instantly. If you do not self-submit these exams before 12/31/2025, please contact the PCS wellness team (727-588-6031) for help.

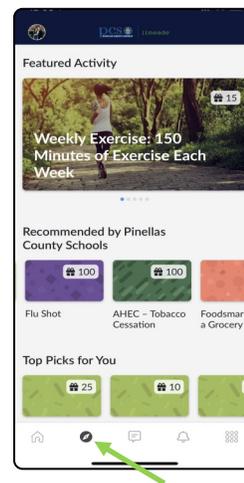
- Flu Shot (100 points)
- Skin Cancer Screening with a Dermatologist (100 points)
- Dental Exam/Cleaning (100 points)
- Vision Exam (100 points)
- COVID-19 Vaccine (100 points)

## To submit a dental exam, vision exam, skin cancer screening, flu shot or covid-19 vaccine:

1. Once logged into the Limeade through the website or app, you will visit the Discover page (compass icon on the app).



2. Under Recommended by Pinellas County Schools, you will find the exam you completed. As a reminder, you will need to self submit for the flu shots, skin cancer screenings with a dermatologist, dental exam/cleaning, vision exams, and COVID-19 vaccines.



3. Select the activity you completed. Once you review the details, click Get Started. Complete all the fields needed and click submit. You will see your points instantly.

If you do not see the activity under Recommended by Pinellas County Schools, check the My Activities section on the Home page. If you started an activity, that activity will then appear in your My Activities.

