



You're cleared for care

Connect with the benefits that move you forward



Find the care resources you need when you need them at my.aa.com.



Benefits Navigation: Navigate your health benefits, find a provider, manage chronic conditions, ask claim questions and more: my.aa.com/benefits-navigation



Dental: Coverage now includes three cleanings a year if you're high-risk. Composite fillings and porcelain crowns are now standard, and periodontal maintenance is treated as a preventive benefit: my.aa.com/dental



DFW ConnectedCare: Team members based in DFW can access benefits resources in the Baylor Scott & White network: my.aa.com/dfw-connectedcare



Doctor On Demand: Book virtual visits with board-certified physicians 24/7/365: doctorondemand.com/microsite/american



EAP: For anytime support and mental health resources during all of life's changes and challenges, including stress, anxiety, depression, financial/legal worries, childcare/elder care resources and more: my.aa.com/map



New Parent Resources: For team members seeking to grow their families, American offers maternity leave, family planning and more: my.aa.com/new-parent-resources



Vision: Your frame allowance increased from \$140 to \$150 – because your eyes deserve a little upgrade, too: my.aa.com/vision



401(k) Savings Program: Explore contribution options, investment choices and tools from Fidelity to help you customize your 401(k) with your long-term goals in mind at my.aa.com/401k

Financial Wellness: Whether you're planning for retirement, managing day to day expenses or building long term financial stability, Fidelity offers personalized tools, guidance and educational resources to help you strengthen your overall financial health. Learn more on NetBenefits.com/dashboard



Scan to learn more
or visit my.aa.com.

Where are you on your health journey?

Recommended preventive care depends on your age range.



Women 18-39

Annual check-up
Mental health
Skin cancer
Cervical cancer
starting at age 21

Women 40-49

Annual check-up
Mental health
Skin cancer
Cervical cancer
Breast cancer
Colorectal cancer
starting at age 45

Women 50-64

Annual check-up
Mental health
Skin cancer
Cervical cancer*
Breast cancer
Colorectal cancer
Lung cancer*

Women 65+

Annual check-up
Mental health
Skin cancer
Breast cancer
Colorectal cancer
Lung cancer*
Osteoporosis



Men 18-39

Annual check-up
Mental health
Skin cancer

Men 40-49

Annual check-up
Mental health
Skin cancer
Colorectal cancer
starting at age 45

Men 50-64

Annual check-up
Mental health
Skin cancer
Colorectal cancer
Prostate cancer
Lung cancer*

Men 65+

Annual check-up
Mental health
Skin cancer
Colorectal cancer
Prostate cancer
Lung cancer*
Abdominal aortic aneurysm*



Babies (0-1 year)

Well-child visits

• 3-5 days • 6 months
• 1 month • 9 months
• 2 months • 12 months
• 4 months

Hearing screen
by 1 month

Dental visit
within 6 months after first
tooth or by 1st birthday

Toddlers (1-3 years)

Well-child visits

• 15 months • 2.5 years
• 18 months • 3 years
• 2 years

Biannual
dental visits

Vision screening
at least once between
3-5 years

Children (4-12 years)

Annual
well-child visit

Mental health
starting at age 8

Biannual
dental visits

Vision screening

Teens (13-18 years)

Annual
well-child visit

Mental health

Biannual
dental visits