



## Additional Health Services for Men

Tests	When to go to the doctor			Date Received
	20 to 35 years	36 to 65 years	66 to 75 years	
<b>Abdominal Aortic Aneurysm</b> Screening Ultrasound	Your doctor may recommend screening before age 65 if you are at risk for Abdominal Aortic Aneurysm		One-time screening if you have ever smoked	
<b>Cholesterol</b> Tests for heart disease	Your doctor may recommend tests if you are at high risk for coronary heart disease	<b>Every 5 Years</b> Your doctor may recommend more tests if you are at high risk for coronary heart disease	Ask your doctor if you need to have your cholesterol tested	

**You may need other tests if you are at high risk.**



## Stay Healthy:

- ✓ See your doctor at least once a year.
- ✓ Follow up with your doctor if you've been in the hospital.
- ✓ Take your medicine as asked by your doctor.
- ✓ Get the right health tests.
- ✓ Eat well balanced meals.
- ✓ Keep a healthy weight.
- ✓ Exercise and move your body more.
- ✓ Quit smoking (your doctor can help).
- ✓ Stay in touch and spend time with family and friends.

My Doctor's Name: \_\_\_\_\_

My Doctor's Phone Number: \_\_\_\_\_

Questions I have for my doctor:

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My Specialist's Name: \_\_\_\_\_

My Specialist's Phone Number: \_\_\_\_\_

Questions I have for my Specialists:

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# HOW TO STAY Healthy



## Which health topics would you like to talk to your doctor about?

- Abuse and Violence
- Advance Directives
- Aspirin
- Asthma
- Bladder Control
- Dental Health
- Depression
- Diabetes
- Drug and Alcohol Problems
- Eye Health
- Fall Prevention
- Family Planning and Birth Control
- Long Term Care
- Medication
- Memory Loss Concerns
- Mental Exercise
- Mental Health Concerns
- Nutrition and Healthy Eating
- Pain Management
- Parenting
- Pregnancy Health
- Physical Exercise
- Quitting Smoking
- Safety
- STDs and HIV
- Weight Concerns
- Other



<b>Member Services</b>	1.888.285.7801 TTY/TDD 1.888.757.6034	1.800.605.2556 TTY/TDD 1.800.735.2929	1.888.839.9909 TTY/TDD 711
<b>Nurse Advice Line 24/7 for health questions</b>	1.800.224.0336 TTY/TDD 1.800.368.4424	1.800.605.2556 TTY/TDD 1.800.735.2929	1.800.249.3619 TTY/TDD 711
<b>Website</b>	<a href="http://anthem.com/ca">anthem.com/ca</a>	<a href="http://care1st.com">care1st.com</a>	<a href="http://lacare.org">lacare.org</a>

These Preventative Health Guidelines represent a compilation of recommendations from national and state organizations including the U.S. Department of Health and Human Services, National Institutes of Health, Centers for Disease Control and Prevention, U.S. Preventive Services Task Force, California Department of Public Health, and Los Angeles County Department of Public Health.

## Adult Health Services

Use this guide to help you:



Learn what care to get from your doctor



Find out which tests are right for you



Keep track of your tests as you get them



Developed by L.A. Care Health Plan working with Anthem Blue Cross and Care 1st Health Plans. Together, we provide Medi-Cal Managed Care Services in Los Angeles County.



## Health Services for Men and Women

Staying healthy starts with getting the right health tests at the right time. These tests look for problems early, when they may be easier to treat. A healthy lifestyle also helps prevent health problems. See your doctor for wellness visits. New members should make an appointment to see their doctor for their first visit.

Tests For	When to go to the doctor	Date Received
<b>Wellness Visits</b> Medical and family history, physical exam, blood pressure, height, weight, body mass index (a measure for healthy weight), depression and anxiety screening.	Each year or as your doctor suggests	
<b>Colorectal Cancer</b>	<b>Age 50-75</b> Ask your doctor about choosing <b>one</b> of these three tests: <b>Fecal Occult Blood Test</b> (each year) Checks for hidden blood in your stool (bowel movement) <b>Flexible Sigmoidoscopy</b> (every 5 years) Checks the lower part of your colon for cancer with Fecal Occult Blood Test (every 3 years) <b>Colonoscopy</b> (every 10 years) Checks the larger part of your colon	
<b>Diabetes</b> Disease can damage the heart, kidneys, nerves, eyes and feet	If you have a sustained blood pressure greater than 135/80. Your doctor may also recommend screening if you are overweight, obese or have a family history of diabetes.	
<b>Hearing and Vision</b> Checks for hearing and eye health	As recommended by your doctor	
<b>Hepatitis C</b> Virus can cause liver damage	One-time testing for adults born between 1945-1965. Your doctor may recommend testing if you are at risk	
<b>Hepatitis B</b> Virus can cause liver damage	Your doctor may recommend testing if you are at risk	
<b>HIV</b> Human Immunodeficiency Virus attacks the immune system which protects against infections and cancers	Screening at least once for adults ages 19-65. Your doctor may recommend screening if you are pregnant or at risk	
<b>Tuberculosis (TB)</b> Bacteria can cause lung, liver and kidney damage. Also, arthritis, back pain and meningitis	Your doctor may recommend testing if you are at high risk for TB exposure or infection	

You may need other tests if you are at high risk.



## Vaccines (Shots) for Men and Women

Shots help you stay safe from serious diseases. Getting a shot is quick and easy. It can prevent years of illness. Use this guide to find out what shots are needed and when. Your doctor can tell you what each shot does.

Vaccines (Shots)	When to go to the doctor	Date Received
<b>Hepatitis B</b> Virus can cause liver disease and cancer	Three (3) shots may be recommended by your doctor if you are at risk	
<b>Human Papilloma Virus (HPV)</b> Virus can cause cervical cancer and genital warts	Three (3) shots for men and women up to age 26	
<b>Influenza (Flu)</b> Virus can cause pneumonia (lung inflammation), bronchitis (lung infection), ear and sinus infections	<b>Every Year</b> Get your flu shot before the flu season starts in the fall	
<b>Measles, Mumps, and Rubella (MMR)</b> Viruses can cause pneumonia, deafness, and brain damage	If born after 1957 (1 or 2 doses)	
<b>Pneumococcal</b> Bacteria can cause meningitis (brain infection), pneumonia and blood infection	One (1) shot starting at age 65 or as recommended by your doctor	
<b>Tetanus, Diphtheria, Pertussis (Td/Tdap)</b> Bacteria can cause broken bones, breathing problems, heart damage, and pneumonia	One (1) shot then a Td booster every 10 years	
<b>Zoster (Shingles)</b> Virus can cause blisters, skin infections, nerve damage, and vision loss	One (1) shot starting at age 60 or as recommended by your doctor	
<b>Other Vaccines/Shots</b> Your doctor may recommend other shots if you are at high risk	Talk with your doctor about what other shot you may need	

You may need other shots if you are at high risk.



## Additional Health Services for Women

Tests For	When to go to the doctor			Date Received
	19 to 49 years	50 to 64 years	65+ years	
<b>Breast Cancer</b> Mammogram X-ray of the breasts	Your doctor may recommend a mammogram before age 50 if you are at high risk		Every 2 years from ages 50 to 74 years	
<b>Cervical Cancer</b> Pap Test	Every 3 years from ages 21 to 65		Ask your doctor if you need to continue having a pap smear test after age 65	
<b>Chlamydia and Gonorrhea</b> Sexually Transmitted Diseases can cause Pelvic Inflammatory Disease and Infertility	Regular screenings for sexually active women age 24 years and younger. Your doctor may recommend screening if you are over age 24 and at high risk			
<b>Osteoporosis</b> X-rays help detect weak and brittle bones which can increase the risk of fractures.	Your doctor may recommend screening before age 65 if you are at high risk		Screening for women age 65 and older	
<b>Cholesterol</b> Tests risk for heart disease	Your doctor may recommend tests from age 20 if you are at high risk for coronary heart disease		Ask your doctor if you need to have your cholesterol tested	

You may need other tests if you are at high risk.

## Stay Healthy When You Are Pregnant and After Giving Birth



- ✓ See your doctor as soon as you think you are pregnant and get tested for HIV.
- ✓ Talk with your doctor about folic acid, the vitamin that helps prevent birth defects.
- ✓ Get the Tdap shot during your 27th - 36th week of pregnancy to give your baby early protection against whooping cough at birth.

### Checkups When You Are Pregnant - Prenatal Care

Checkups:	How Often?
First 28 Weeks	Every 4 Weeks
29 - 36 Weeks	Every 2 Weeks
36 Weeks and beyond	Every Week

### Checkups After You Have Given Birth - Postpartum Care

Keep your doctor appointments! The doctor will check both you and your baby's health.

- ✓ Get your postpartum checkup 3-8 weeks after having your baby.
- ✓ If you had a C-section (surgery), get a checkup 1-2 weeks after giving birth. This is in addition to your postpartum checkup.
- ✓ Talk with your doctor about postpartum mood changes and anxiety.
- ✓ Talk with your doctor about family planning / birth control.