

How to Stay Healthy

Adult Health Services



L.A. Care
HEALTH PLAN®

For All of L.A.



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 Blue Shield of California Promise Health Plan. 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.

Health Services	When to go to the doctor	Date Received
<p>Wellness Visit Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening</p>	Every year or as your doctor suggests	
<p>Risky Alcohol or Drug Use</p>	If you think you have a problem, ask your doctor about how to get help	
<p>Cholesterol Tests risk for heart disease</p>	Your doctor may recommend tests from age 20 if you are at high risk for coronary heart disease	
<p>Colorectal Cancer</p>	<p>Age 50-75 Ask your doctor about choosing one of these tests:</p> <p>Fecal Occult Blood Test (every year) Checks for hidden blood in your stool (bowel movement)</p> <p>Flexible Sigmoidoscopy (every 5 years) Checks the lower part of your colon for cancer <u>with</u> Fecal Occult Blood Test (every 3 years)</p> <p>CT Colonography (every 5 years) Test that uses pictures to check your colon for cancer</p> <p>Colonoscopy (every 10 years) Checks the larger part of your colon</p>	
<p>Diabetes Screening Disease can damage the heart, kidneys, nerves, eyes and feet</p>	<p>Adults who are overweight or obese, or who have a family history of diabetes</p> <p>If you have a sustained blood pressure greater than 140/90</p>	
<p>Hearing and Vision Checks for hearing and eye health</p>	As recommended by your doctor, tell your doctor if you are having trouble hearing or seeing	
<p>Hepatitis C Virus can cause liver damage</p>	One-time testing for adults born between 1945-1965. Your doctor may recommend testing if you are at risk	
<p>Hepatitis B Virus can cause liver damage</p>	Your doctor may recommend testing if you are at risk	
<p>HIV Human Immunodeficiency Virus attacks the immune system which protects against infections and cancers</p>	<p>Screening at least once for adults ages 19-65</p> <p>Your doctor may recommend screening if you are pregnant or at risk</p>	
<p>Tuberculosis (TB) Bacteria can cause lung, liver and kidney damage. Also, arthritis, back pain and meningitis</p>	<p>Recommended for all adults as part of first checkup</p> <p>Your doctor may recommend testing if you are at risk</p>	

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
Hepatitis B Virus can cause liver disease and cancer	Three (3) shots may be recommended by your doctor if you are at risk	
Human Papilloma Virus (HPV) Virus can cause cervical cancer and genital warts	Three (3) shots for men and women up to age 26	
Influenza (Flu) Virus can cause pneumonia (lung inflammation), bronchitis (lung infection), ear and sinus infections	Every Year Get your flu shot before the flu season starts in the fall	
Measles, Mumps, and Rubella (MMR) Viruses can cause pneumonia, deafness, and brain damage	If born after 1957 (1 or 2 shots)	
Pneumococcal Bacteria can cause pneumonia and blood infection	One (1) shot starting at age 65 or as recommended by your doctor	
Tetanus, Diphtheria, Pertussis (Td/Tdap) Bacteria can cause muscle spasms, breathing problems, heart damage, and whooping cough	One (1) shot then a Td booster every 10 years	
Zoster (Shingles) Virus can cause blisters, skin infections, nerve damage, and vision loss	One (1) or two (2) shots starting at ages 50-60 as recommended by your doctor	
Other Vaccines/Shots Your doctor may recommend other shots if you are at high risk	Talk with your doctor about what other shots you may need	

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



Additional Health Services for Women

Health Services	When to go to the doctor			Date Received
	19 to 49 years	50 to 64 years	65+ years	
Breast Cancer 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		
Cervical Cancer Pap Test HPV test alone or HPV test with a Pap test	Every 3 years from ages 21 to 65 If you are 30 to 65, you and your doctor can choose one of these options. You may only need screening every 5 years.	Ask your doctor if you need to continue having a pap smear test after age 65		
Chlamydia and Gonorrhea 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			
Osteoporosis Bone density test to 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 or have had a broken bone	Screening for women age 65 and older		

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

Stay Healthy When You Are Pregnant and After Giving Birth

Before Pregnancy Care

- ✓ Talk with your doctor about folic acid, the vitamin that helps prevent birth defects.
- ✓ See your doctor as soon as you think you are pregnant and get tested for HIV.

During Pregnancy (Prenatal) Care

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

- ✓ Get the Tdap shot during your 27th–36th week of pregnancy to give your baby early protection against whooping cough at birth
- ✓ Continue taking your prenatal vitamins

After Pregnancy (Postpartum) Care

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

- ✓ Get your postpartum checkup 21-56 days after having your baby
- ✓ If you had a C-section (surgery), see your doctor within two weeks or sooner, if needed. 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



Additional Health Services for Men

Health Services	When to go to the doctor	Date Received
Abdominal Aortic Aneurysm Screening Ultrasound	Men between 65-75 years of age should have a one-time screening if you have ever smoked.	
Prostate Cancer Screening	Men between 55-69 years of age should talk with their doctor about prostate cancer screening. Men over 70 years of age should not be screened regularly when not having symptoms.	

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



Which health topics would you like to talk with 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_____



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 recommended 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
- Get your vaccines (shots)



Promise Health Plan

Member Services

1.888.285.7801
TTY **1.888.757.6034**

1.800.605.2556
TTY **1.800.735.2929**

L.A. Care Covered™
1.855.270.2327 (TTY 711)
Medi-Cal
1.888.839.9909

Nurse Advice Line 24/7 for health questions

1.800.224.0336
TTY **1.800.368.4424**

1.800.605.2556
TTY **1.800.735.2929**

1.800.249.3619 (TTY 711)

Website

anthem.com/ca

blueshieldca.com

lacare.org

My Doctor's Name: _____

My Doctor's Phone Number: _____

Questions I have for my Doctor:

My Specialist's Name: _____

My Specialist's Phone Number: _____

Questions I have for my Specialist:



These Preventive 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.