

How to Stay Healthy

It's simple: L.A. Care Cal MediConnect Plan (Medicare-Medicaid Plan) is here to help you.



L.A. Care
Cal MediConnect
(Medicare-Medicaid Plan)



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



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 every year for wellness visits. New members should see their doctor **right away** for their first visit.

Health Services	When to go to the doctor	Date Received
Wellness Visit Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening	Every Year	
Risky Alcohol or Drug Use	If you think you have a problem, ask your doctor about how to get help	
Cholesterol Testing	Your doctor may suggest testing if you are at risk for heart disease	
Colon and Rectal Cancer Screening	Age 50-75 Ask your doctor about choosing one of these tests: Fecal Occult Blood Test (every year) Test to see if there is blood in your stool (bowel movement) Flexible Sigmoidoscopy (every 5 years) Test to check the lower part of your colon for cancer CT Colonography (every 5 years) Test that uses pictures to check your colon for cancer Colonoscopy (every 10 years) Test to check a larger part of your colon for cancer	
Diabetes Screening	Adults who are overweight or obese, or who have a family history of diabetes Adults with blood pressure greater than 140/90	
Fall Risk Management Especially for those who have had one fall or are unsteady	Adults 65 years and older and as recommended by your doctor	
Hearing and Vision	As recommended by your doctor, tell your doctor if you are having trouble hearing or seeing	
Hepatitis C Test	One-time testing for adults born between 1945-1965. Your doctor may recommend testing if you are at risk	
Hepatitis B Test	Your doctor may recommend testing if you are at risk	
Human Immunodeficiency Virus (HIV) Screening	Screening at least once for adults ages 19-65. Your doctor may recommend screening if you are pregnant or at risk	
Tuberculosis (TB) Risk Screening and Test	Recommended for all adults as part of first checkup. Your doctor may recommend testing if you are at risk	

You may need other screenings or shots, 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
	19 to 49 Years	50 to 64 Years	65+ Years	
<p>Hepatitis B Virus can cause liver disease and cancer</p>	Three (3) doses may be recommended by your doctor if you are at risk			
<p>Influenza (Flu) Virus can cause lung infection (pneumonia), bronchitis, ear and sinus infections</p>	<p>Every Year Get your flu shot before the flu season by the fall</p>			
<p>Measles, Mumps, and Rubella (MMR) Viruses can cause pneumonia, deafness, and brain damage</p>	If born after 1957 (1 or 2 doses)	As recommended by your doctor		
<p>Pneumococcal Bacteria can cause pneumonia and blood infection</p>	As recommended by your doctor	One dose		
<p>Tetanus, Diphtheria, Pertussis (Td/Tdap) Bacteria can cause muscle spasms, breathing problems, heart damage, and whooping cough</p>	One dose then a Td booster every 10 years			
<p>Zoster (Shingles) Virus can cause blisters, skin infections, nerve damage, and vision loss</p>		One (1) or two (2) shots as recommended by your doctor		
<p>Other Vaccines/Shots Your doctor may recommend other shots if you are at high risk</p>	Talk with your doctor about what other shots you may need			

You may need other screenings or 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 Screening 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 Screening Pap Test HPV test alone or HPV test with a Pap test	Every three (3) years from ages 21 to 65		Ask your doctor if you need to continue having a pap smear test after age 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.			
Chlamydia and Gonorrhea Screenings Test for sexually transmitted diseases (STDs)	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 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



What you can do to 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).

L.A. Care Health Plan is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

**This is not a complete list. The benefit information is a brief summary, not a complete description of benefits. For more information contact the plan or read the Member Handbook. Limitations, copays, and restrictions may apply. For more information, call L.A. Care Cal MediConnect Plan Member Services or read the L.A. Care Cal MediConnect Plan Member Handbook. Benefits, List of Covered Drugs, pharmacy and provider networks and/or copayments may change from time to time throughout the year and on January 1 of every year.*



You can get this information for free in other languages.
Call **1.888.522.1298 (TTY 711)**. The call is free.

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:



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Sources for information within these Preventive Health Guidelines:
U.S. Department of Health and Human Services; National Institutes of Health;
Centers for Disease Control and Prevention; U.S. Preventive Services Task Force;
Centers for Medicare and Medicaid Services.