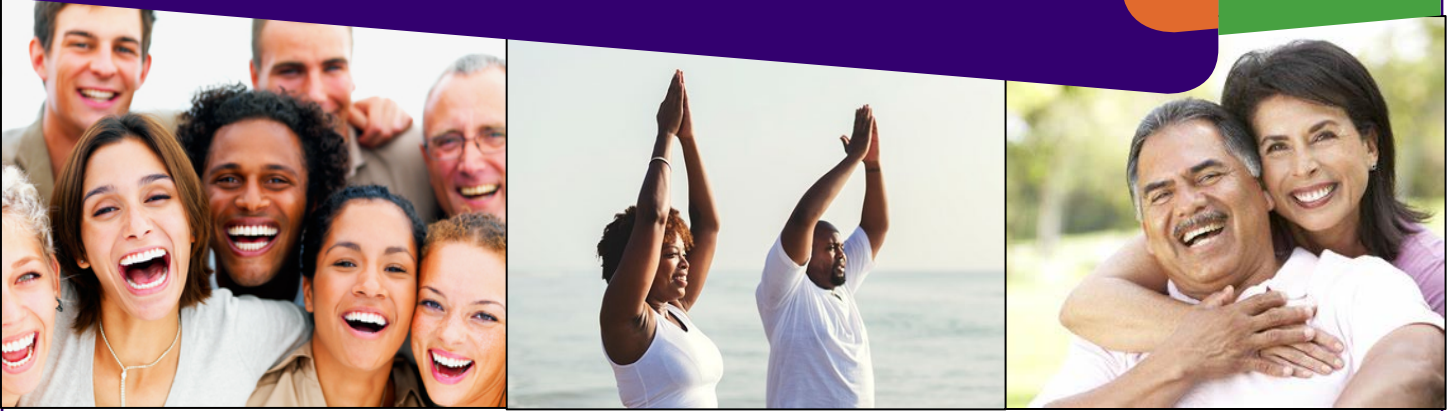


How to Stay Healthy



Adult Health Services

Preventative Care Guidelines

Use this guide to help you:

- Know when to go to the doctor.
- Know what needs to be done at each visit.
- Ask your doctor which tests/exams are right for you.



MemorialCare Select Health Plan
17360 Brookhurst Street
Fountain Valley, CA 92708

STAY HEALTHY

REMEMBER

If you are a new member, see your doctor right away for your first “Initial Health Assessment Visit.”
Get a wellness visit every year.
Regular wellness visits help you stay healthy.



IMMUNIZATIONS/SHOTS FOR ADULTS*

(for both men & women)

Immunizations (Shots)	19 to 39 Years	40 to 64 Years	65+ Years
<input type="checkbox"/> Hepatitis B A disease of the liver	Shot may be recommended by your doctor if you are at risk		
<input type="checkbox"/> Human Papilloma Virus (HPV) Virus can cause cervical cancer and genital warts	For women up to age 26 and men up to age 21 (3 doses), if not immunized before	No recommendation	
<input type="checkbox"/> Influenza (Flu) Influenza or flu virus	Every year! During flu season in fall or winter		
<input type="checkbox"/> Measles, Mumps, and Rubella (MMR)	If born after 1957 (1 or 2 doses)		As recommended by your doctor
<input type="checkbox"/> Pneumococcal Bacteria can cause lung or blood infection	As recommended by your doctor		One dose
<input type="checkbox"/> Tetanus, Diphtheria, Pertussis (Td/Tdap) Lockjaw tightening of the jaw muscle	One dose then a Td booster every 10 years		
<input type="checkbox"/> Zoster (Shingles) Virus can cause painful skin rash with blisters	As recommended by your doctor		One dose, starting at age 60, if recommended by your doctor

* Your doctor may recommend other screenings or immunizations (shots), if you are at high risk.

WELL CARE GUIDELINES FOR ADULTS*

(for both men & women)



Tests/Exams /Visits	19 to 39 Years	40 to 64 Years	65+ Years
<div><input type="checkbox"/> Wellness Visit Medical and family history, physical exam, height, weight, blood pressure, and Body Mass Index (BMI, a measure for a healthy weight)</div>	Every year		
<div><input type="checkbox"/> Cholesterol Screening</div>	Age 20 and older if at risk for heart disease		
<div><input type="checkbox"/> Colon and Rectal Cancer Screening</div>		<div>Age 50-75 Your doctor will talk with you about having one of these tests: <div><div>• Fecal Occult blood test - Every year Test to see if there is blood in your stool (bowel movement)</div><div>• Flexible sigmoidoscopy - Every 5 years Test to check the lower part of your colon for cancer</div><div>• Colonoscopy - Every 10 years Test to check a larger part of your colon for cancer</div></div></div>	
<div><input type="checkbox"/> Diabetes Screening Check for diabetes and pre-diabetes</div>	Adults whose blood pressure is greater than 135/80 and as recommended by your doctor		
<div><input type="checkbox"/> Hearing and Vision</div>	As recommended by your doctor		
<div><input type="checkbox"/> Hepatitis C</div>	Adults born between 1945-1965, one-time testing. Testing for at risk as recommended by your doctor		
<div><input type="checkbox"/> Human Immunodeficiency Virus (HIV) Screening Check for the virus that causes HIV infection</div>	Screening at least once for adults ages 19-65. Screening for pregnant women and all age groups at risk as recommended by your doctor		
<div><input type="checkbox"/> Tuberculosis (TB) Risk Screening and Test</div>	Risk screening recommended for all adults as part of their first checkup. Doctors will also test those at a higher risk for TB		

* Your doctor may recommend other screenings or immunizations (shots), if you are at high risk.

OTHER WAYS TO STAY HEALTHY

Tests/Exams/Visits		
<input type="checkbox"/> Alcohol Misuse Screening and Counseling	<input type="checkbox"/> Bone Density Test To check risk for breaking bones	<input type="checkbox"/> Dental Exam
<input type="checkbox"/> Depression Screening	<input type="checkbox"/> Electrocardiogram (EKG)	<input type="checkbox"/> Glaucoma Screening To measure eye pressure
Programs		
<input type="checkbox"/> Diabetes Self-Management	<input type="checkbox"/> Medical Nutrition Therapy	<input type="checkbox"/> Tobacco Use Cessation Counseling How to quit smoking or using tobacco

WELL CARE GUIDELINES FOR MEN

(in addition to adult screenings)

Tests/Exams	19 to 39 Years	40 to 64 Years	65+ Years
<input type="checkbox"/> Abdominal Aortic Aneurysm Screening Ultrasound	No recommendation		One-time screening if you have ever smoked

You may also talk to your doctor about:

(check the ones you want to talk with your doctor about)

- | | |
|---|--|
| <input type="checkbox"/> Abuse and Violence | <input type="checkbox"/> Mental Activity |
| <input type="checkbox"/> Advance Directives | <input type="checkbox"/> Mental Health Concerns (memory loss or changes) |
| <input type="checkbox"/> Aspirin | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Pain Management |
| <input type="checkbox"/> Bladder Control | <input type="checkbox"/> Parenting |
| <input type="checkbox"/> Dental Health | <input type="checkbox"/> Planning for Long Term Care |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Prenatal Health (for pregnant women) |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Physical Activity/ Exercise |
| <input type="checkbox"/> Drug and Alcohol Problems | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Fall Prevention | <input type="checkbox"/> STDs and HIV |
| <input type="checkbox"/> Family Planning/ Birth Control | <input type="checkbox"/> Weight Concerns |
| <input type="checkbox"/> How to Quit Smoking | <input type="checkbox"/> Any other concerns you may have |
| <input type="checkbox"/> Your Medication(s) | |



WELL CARE GUIDELINES FOR WOMEN

(in addition to adult
screenings)



Tests/Exams/Visits	19 to 39 Years	40 to 64 Years	65+ Years
<input type="checkbox"/> Breast Cancer Screening/ Mammogram X-ray of the breasts	No recommendation	Every 2 years from ages 50 to 74 years. Ask your doctor if you need a mammogram before age 50	
<input type="checkbox"/> Cervical Cancer Screening Pap smear	Every three years ages 21 to 65		No recommendation
<input type="checkbox"/> Chlamydia Screening Test for a sexually transmitted disease (STD)	To be done regularly for women 16 to 24 years if sexually active and only for women over age 25 who are at high risk		
<input type="checkbox"/> Osteoporosis Thinning of the bone	Screening for 65 years and older or as recommended by your doctor		

STAY HEALTHY WHEN YOU ARE PREGNANT

Before Pregnancy Care

- ☐ Talk with your doctor about the vitamin (folic acid) that helps prevent birth defects.
- ☐ See your doctor RIGHT AWAY! As soon as you think or know you are pregnant.
- ☐ Know your HIV status RIGHT AWAY as soon as you think or know you are pregnant.

During Pregnancy (Prenatal) Care:

Checkups:	How Often?
First 28 Weeks	Every 4 Weeks
29 - 36 Weeks	Every 2-3 Weeks
36 Weeks and beyond	Weekly

After Pregnancy (Postpartum) Care:

Get your postpartum checkup between 21 and 56 days after you have your baby, whether you had a C-section (surgical delivery) or not.

- ✓ You will be screened for healing and postpartum depression.
- ✓ Your doctor will also talk with you about birth control/family planning.
- ✓ Get your C-section (surgical delivery) checkup about 1-2 weeks after giving birth.

Each checkup is important to help keep you and your baby healthy

- ✓ Needed tests are done at each visit.
- ✓ Your doctor may want to see you more often.

OTHER WAYS TO STAY HEALTHY

- ✓ See your doctor on a regular basis and after hospitalizations
- ✓ Take your medication as your doctor told you to
- ✓ Get needed tests/exams
- ✓ Eat well balanced meals
- ✓ Keep a healthy weight
- ✓ Keep active
- ✓ Don't smoke or quit smoking
- ✓ Spend time with family and friends
- ✓ Stay connected with people



Member Services Toll Free

8 a.m. to 5 p.m.,
Monday - Friday
1-855-367-7747



Website

www.memorialcaresselecthealthplan.org



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