How to Stay Healthy
Health Services for Adults

Use this guide to help you:

Learn what health services to get from your health care provider

Find out which services are right for you

Keep track of your services as you get them

Developed by L.A. Care Health Plan working with Blue Shield of California Promise Health Plan and Anthem Blue Cross. 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 health care provider for wellness visits. New members should make an appointment to see their health care provider for their first visit and Staying Healthy Assessment within 3 months of enrollment and every year.

<table>
<thead>
<tr>
<th>Health Services</th>
<th>When to go to the health care provider</th>
<th>Date Received</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness Visit</td>
<td>Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening</td>
<td>Each year or as your health care provider suggests</td>
</tr>
<tr>
<td>Risky Alcohol, Drug Use, Tobacco, Cannabis or Vaping</td>
<td>If you think you have a problem or drink four or more drinks a day, ask your health care provider about how to get help</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening</td>
<td>Your health care provider may recommend tests from age 20 if you are at high risk for coronary heart disease</td>
</tr>
</tbody>
</table>
| Colorectal Cancer            | Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening | **Ages 50-75**  
  **Stool-Based Tests** (each year)  
  Checks for hidden blood in your stool (bowel movement)  
  **Flexible Sigmoidoscopy** (every 5 years)  
  Checks 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)  
  Checks the larger part of your colon |
| Diabetes Screening           | Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening | Adults who are overweight or obese, or who have a family history of diabetes.  
  If you have a sustained blood pressure greater than 140/90. |
| Hearing and Vision           | Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening | As recommended by your health care provider and when you are having trouble hearing or seeing |
| Hepatitis C                  | Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening | One-time testing for adults born between 1945-1965.  
  Your health care provider may recommend testing if you are at risk. |
| Hepatitis B                  | Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening | Your health care provider may recommend testing if you are at risk |
| HIV                          | Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening | Screening at least once for adults ages 19-65.  
  Your health care provider may recommend screening if you are pregnant or at risk. |
| Tuberculosis (TB)            | Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening | Recommended for all adults as part of first checkup.  
  Your health care provider may recommend testing if you are at risk. |

You may need other services 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 health care provider can tell you what each shot does.

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

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

**Breast Cancer Screening**
Mammogram X-ray of the breasts

- Your health care provider may recommend a mammogram before age 50 if you are at high risk
- Every 2 years from ages 50 to 74 years

**Cervical Cancers Screening**
Pap test alone, HPV test alone, or Pap/HPV co-testing

- Pap test every 3 years from ages 21 to 65
- HPV test alone or Pap/HPV co-testing every 5 years from ages 30 to 65
- Ask your health care provider 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 health care provider 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 health care provider 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

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

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

**Before Pregnancy Care**

- Talk with your health care provider about folic acid, the vitamin that helps prevent birth defects.
- See your health care provider as soon as you think you are pregnant. Get tested for HIV.

**During Pregnancy (Prenatal Care)**

<table>
<thead>
<tr>
<th>Checkups:</th>
<th>How Often?</th>
</tr>
</thead>
<tbody>
<tr>
<td>First 28 Weeks</td>
<td>Every 4 Weeks</td>
</tr>
<tr>
<td>29-36 Weeks</td>
<td>Every 2 Weeks</td>
</tr>
<tr>
<td>36 Weeks and Beyond</td>
<td>Weekly</td>
</tr>
</tbody>
</table>

- 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 health care provider appointments! The health care provider will check both you and your baby’s health.
- Get your postpartum checkup 7-84 days after having your baby
- If you had a C-section (surgery), see your health care provider within two weeks or sooner, if needed. This is in addition to your postpartum checkup.
- Talk with your health care provider about postpartum mood changes and anxiety
- Talk with your health care provider about family planning / birth control
### Additional Health Services for Men

#### Health Services

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<th>Health Services</th>
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<tr>
<td><strong>Abdominal Aortic Aneurysm Screening Ultrasound</strong></td>
<td>Men between 65-75 years of age should have a one-time screening if you have ever smoked</td>
<td></td>
</tr>
<tr>
<td><strong>Prostate Cancer Screening</strong></td>
<td>Men between 55-69 years of age should talk with their health care provider about prostate cancer screening. Men over 70 years of age should not be screened regularly when not having symptoms.</td>
<td></td>
</tr>
</tbody>
</table>

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

#### Which health topics would you like to talk with your health care provider about?

- Traumatic and Stressful Life Events (Abuse, Neglect, Household Concerns)
- 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
- Medications
- 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__________

Many families have traumatic and stressful life events. This can affect your health and well-being. Please talk with your health care provider about these stressful life events.
Stay Healthy

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

As an L.A. Care member, you also have access to My Health In Motion™, a free online health and wellness portal. You will find a personal health report, workshops, exercise videos, nutrition trackers and so much more! Go to lacare.org. Click on "Member Sign In" and then the My Health In Motion™ tab to start your profile!

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

1.800.605.2556 (TTY 1.800.735.2929)
1.888.285.7801 (TTY 1.888.757.6034)

Promise Health Plan
1.800.249.3619 (TTY 711)
1.800.609.4166 (TTY 1.800.735.2929)
1.800.224.0336 (TTY 1.800.368.4424)

Nurse Advice Line 24/7 for health questions
1.800.249.3619 (TTY 711)
1.800.609.4166 (TTY 1.800.735.2929)
1.800.224.0336 (TTY 1.800.368.4424)

Website
lacare.org
blueshieldca.com/promise/
anthem.com/ca

My Health Care Provider’s Name: ___________________
My Health Care Provider’s Phone Number: ______________
Questions I have for my Health Care Provider:
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________

My Specialist’s Name: __________________________
My Specialist’s Phone Number: _____________________
Questions I have for my Specialist:
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To order additional copies for health care providers, visit http://www.lacare.org/providers/provider-resources/tools-toolkits/health-education-tools

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.