

Well Care Guidelines for Men

Tests/Exams/Visits	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)

- Abuse and Violence
- Aspirin
- Asthma
- Dental Health
- Depression
- Diabetes
- Drug and Alcohol Problems
- Exercise
- Family Planning/Birth Control/Breast Feeding
- High Blood Pressure
- How to Quit Smoking
- Medications
- Mental Health Concerns
- Nutrition
- Pain Management
- Parenting
- Prenatal Health (for pregnant women)
- Safety
- STDs and HIV
- Weight Concerns
- Any other concerns you may have



Stay Healthy

Preventive Health Guidelines for Adults



Member Services	1-888-285-7801 TTY 1-888-757-6034	1-800-605-2556 TTY 1-800-735-2929	1-888-839-9909 TTY 1-866-522-2731
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 1-866-735-2929
Website	www.anthem.com/ca	www.care1st.com	www.lacare.org



Source for all information in this document: U.S. Preventive Services Task Force, Centers for Disease Control and Prevention (CDC) and The American College of Obstetricians and Gynecologists Guideline for Perinatal Care (7th edition). Updated 04/14

Developed by L.A. Care Health Plan working with Anthem Blue Cross and Care1st Health Plan. Together, we provide Medi-Cal managed care services in Los Angeles County.

Stay Healthy

Go to your doctor for regular wellness visits to help you stay healthy.

Use this guide to:

- 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.

Remember:

- If you are a new member, see your doctor right away
- Get a wellness visit every year
- Regular wellness visits help you stay healthy



Well Care Guidelines for Adults*

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

Immunizations/Shots for Adults*

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	No recommendation		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 Women

Tests/Exams/Visits	16 to 49 Years	50 to 64 Years	65+ Years
<input type="checkbox"/> Breast Cancer Screening Mammogram X-ray of the breasts	No recommendation	Every 2 years for women 50 to 74 years. Ask your doctor if you need a mammogram before age 50	
<input type="checkbox"/> Cervical Cancer Screening Pap smear to check for cancer	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.