How to Stay Healthy

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

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

Additional Health Services for Men

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).

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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 __________________

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.
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.

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

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.

<table>
<thead>
<tr>
<th>Vaccines (Shots)</th>
<th>When to go to the doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="#">Hepatitis B</a></td>
<td>&lt;br&gt;Three (3) doses may be recommended by your doctor if you are at risk</td>
</tr>
<tr>
<td>Virus can cause liver disease and cancer</td>
<td></td>
</tr>
<tr>
<td>[Influenza (Flu)]</td>
<td>&lt;br&gt;Every Year &lt;br&gt;Get your flu shot before the flu season by the fall</td>
</tr>
<tr>
<td>Virus can cause lung infection (pneumonia), bronchitis, ear and sinus infections</td>
<td></td>
</tr>
<tr>
<td>[Measles, Mumps, and Rubella (MMR)] (MMR)</td>
<td>&lt;br&gt;If born after 1957 (1 or 2 doses) &lt;br&gt;As recommended by your doctor</td>
</tr>
<tr>
<td>Viruses can cause pneumonia, deafness, and brain damage</td>
<td></td>
</tr>
<tr>
<td><a href="#">Pneumococcal</a></td>
<td>&lt;br&gt;As recommended by your doctor &lt;br&gt;One dose</td>
</tr>
<tr>
<td>Bacteria can cause pneumonia and blood infection</td>
<td></td>
</tr>
<tr>
<td>[Tetanus, Diphtheria, Pertussis (Td/Tdap)]</td>
<td>&lt;br&gt;One dose then a Td booster every 10 years</td>
</tr>
<tr>
<td>Bacteria can cause muscle spasms, breathing problems, heart damage, and whooping cough</td>
<td></td>
</tr>
<tr>
<td>[Zoster (Shingles)]</td>
<td>&lt;br&gt;One (1) or two (2) shots as recommended by your doctor</td>
</tr>
<tr>
<td>Virus can cause blisters, skin infections, nerve damage, and vision loss</td>
<td></td>
</tr>
<tr>
<td><a href="#">Other Vaccines/Shots</a></td>
<td>&lt;br&gt;Talk with your doctor about what other shots you may need</td>
</tr>
<tr>
<td>Your doctor may recommend other shots if you are at high risk</td>
<td></td>
</tr>
</tbody>
</table>

You may need other screenings or shots, if you are at high risk.
Medical and family history, weight, body mass index (measure especially for those who have had exam, blood pressure, height, risk of Alcohol or Drug Use.

**Risk Management**

- Fall Risk Management: If you think you have a problem, ask your doctor.

**Hearing and Vision**

- As recommended by your doctor, tell your doctor and anxiety screening.

**Cholesterol Testing**

- Your doctor may suggest testing if you are at risk.

**Tuberculosis**

- Your doctor may recommend testing if you are at risk.

**Hepatitis B Test**

- One-time testing for adults born between 1945-1965.

**Hepatitis C Test**

- Your doctor may recommend testing if you are at risk.

**Virus (HIV)**

- Suggest testing in those who are at high risk.

**Shingles (Zoster)**

- Your doctor may recommend other tests if you are at high risk.

**Wellness Visit**

- See your doctor every year for wellness visits. New members should see their doctor for their first visit.

**Health Problems Early**

- A healthy lifestyle also helps prevent health problems. See your doctor every year for wellness visits.

**Health Services When to go to the doctor**

- Date Received

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<tr>
<td>Breast Cancer Screening</td>
<td>Your doctor may recommend a mammogram before age 50 if you are at high risk.</td>
</tr>
<tr>
<td>Mammogram</td>
<td>Every 2 years from ages 50 to 74 years</td>
</tr>
<tr>
<td>X-ray of the breasts</td>
<td></td>
</tr>
<tr>
<td>Cervical Cancer Screening</td>
<td>Every three (3) years from ages 21 to 65</td>
</tr>
<tr>
<td>Pap Test</td>
<td></td>
</tr>
<tr>
<td>HPV test alone or HPV test with a Pap test</td>
<td></td>
</tr>
<tr>
<td>Chlamydia and Gonorrhea Screenings</td>
<td>Regular screenings for sexually active women age 24 years and younger.</td>
</tr>
<tr>
<td>Test for sexually transmitted diseases (STDs)</td>
<td></td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>Your doctor may recommend screening before age 65 if you are at high risk or have had a broken bone</td>
</tr>
<tr>
<td>Bone density test to help detect weak and brittle bones which can increase the risk of fractures</td>
<td>Screening for women age 65 and older</td>
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**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**

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<th>Checkups:</th>
<th>How Often?</th>
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<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>
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- 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.
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My Doctor’s Name: ____________________________
My Doctor’s Phone Number: _____________________
Questions I have for my Doctor:

My Specialist’s Name: __________________________
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