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 for your first “Welcome to Medicare Visit.”
✓ Get a wellness visit every year.
✓ Regular wellness visits help you stay healthy.

Immunizations/Shots for Adults*

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Immunizations</th>
<th>Shots</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 to 39 Years</td>
<td>Hepatitis B</td>
<td>A disease of the liver</td>
</tr>
<tr>
<td>40 to 64 Years</td>
<td>Human Papilloma Virus (HPV)</td>
<td>Virus can cause cervical cancer and genital warts</td>
</tr>
<tr>
<td>65+ Years</td>
<td>Influenza (Flu)</td>
<td>Influenza or flu virus</td>
</tr>
<tr>
<td>19 to 39 Years</td>
<td>Measles, Mumps, and Rubella (MMR)</td>
<td>As recommended by your doctor</td>
</tr>
<tr>
<td>40 to 64 Years</td>
<td>Pneumococcal</td>
<td>Bacteria that cause lung or blood infection</td>
</tr>
<tr>
<td>65+ Years</td>
<td>Tetanus, Diphtheria, and Pertussis (Tdap)</td>
<td>Lockjaw tightening of the jaw muscle</td>
</tr>
<tr>
<td>19 to 39 Years</td>
<td>Zoster (Shingles)</td>
<td>Virus can cause painful skin rash with blisters</td>
</tr>
<tr>
<td>40 to 64 Years</td>
<td>65+ Years</td>
<td>No recommendation</td>
</tr>
</tbody>
</table>

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.

Checkups: During Pregnancy (Prenatal) Care: 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.
What you can do 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

Well Care Guidelines for Adults*

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

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

Member Services toll free
24 hours a day, 7 days a week, including holidays.
1-888-522-1298
TTY/TDD 1-866-522-2731

Nurse Advice Line
24/7 for health questions
24 hours a day, 7 days a week.
1-800-249-3619
TTY/TDD 1-866-735-2929

Website
www.lacare.org

This information is available for free in other languages. Please contact our customer service number at 1-888-522-1298 for additional information. TTY/TDD users should call 1-866-522-2731. We are available 24 hours a day, 7 days a week (including holidays).

Esta información está disponible en otras lenguas. Por favor comuníquese con nuestro número de servicio al cliente al 1-888-522-1298 para obtener información adicional. Los usuarios de TTY deben llamar al 1-866-522-2731. Estamos disponibles las 24 horas del día, los 7 días de la semana, (incluir los días festivos).

Plan member materials are available in different languages or formats, including large print, audio, and Braille or upon request.

Los materiales para miembros del plan están disponibles en diferentes lenguas o formatos, incluyendo letra grande, audio, y braille o a solicitud.

Sources for all information in this document: