Additional Health Services for Men

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 health care provider about prostate cancer screening. Men over 70 years of age should not be screened regularly when not having symptoms.

How to Stay Healthy

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 nutrition

• 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, 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 lacre.org. Click on “Member Sign in” and then the tab to start your profile!

Website
lacre.org

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

Medi-Cal
1.800.605.2556 (TTY 1.800.735.2929)

Anthem BlueCross
1.888.285.7801 (TTY 1.868.757.6034)

Nurse Advice Line 24/7
for health questions
1.800.249.3619 (TTY 711)

Website
lacre.org

In case of emergency, please call 911.

LACare.org
Blueshieldca.com/promises/
LACare.org/providers/provider-resources/tools/toolkits/health-education-tools

Developed by L.A. Care Health Plan working with Blue Shield of California Premier Health Plan and Anthem Blue Cross.
Together, we provide Medi-Cal Managed Care Services in Los Angeles County.

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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. These services are at no cost to you.

### Vaccines (Shots) for Men and Women

Vaccines can protect against whooping cough at birth and diseases can cause disease and infertility.

### Additional Health Services for Women

#### Breast Cancer Screening

<table>
<thead>
<tr>
<th>Health Services</th>
<th>When to go to the health care provider</th>
<th>Date Received</th>
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<td>Breast Cancer Screening</td>
<td>Mammogram X-ray of the breasts</td>
<td>Every 2 years from age 50 if you are at high risk</td>
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#### Cervical Cancers Screening

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<td>Cervical Cancers Screening</td>
<td>Pap test every 3 years from age 21 to 65</td>
<td>Every 5 years from ages 30 to 65</td>
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<td>HPV test alone, or Pap/HPV co-testing</td>
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#### Chlamydia and Gonorrhea

Sexually transmitted diseases can cause pelvic inflammatory disease and infertility.

### 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

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#### After Pregnancy (Postpartum) Care

- **Talk with your health care provider about your diet and lifestyle.**
- **Get your flu shot before the flu season starts in the fall.**

#### Health Services for Women

- **Regular screenings for sexually active women age 24 years and younger.**

#### Other Vaccines/Shots

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