



Health Care Services for Males

Health Care Services	When to go to the doctor	Date
Abdominal Aortic Aneurysm Screening Ultrasound	Males between 65-75 years of age should have a one-time screening if they have ever smoked 100 cigarettes in their lifetime.	
Prostate Cancer Screening	Males between 55-69 years of age should talk with their doctor about the need for prostate cancer screening.	
Sexually Transmitted Infections (STIs) Chlamydia, Gonorrhea, Syphilis, Human Immunodeficiency (HIV) Human Papillomavirus (HPV)	Yearly screenings for sexually active males or as recommended by your doctor.	
You may need other screenings if you are at risk.		

? Which health topics would you like to talk with your doctor about?



- Advance Directives
 - Aspirin
 - Asthma
 - Bladder Control
 - Dental Health
 - Depression
 - Diabetes
 - Drugs and Alcohol Problems
 - Eye Health
 - Fall Prevention
 - Family Planning and Birth Control
- Intimate Partner Violence Screening
 - Long-Term Care
 - Medications
 - Memory Loss
 - Mental Exercise
 - Mental Health
 - Nutrition and Healthy Eating
 - Pain Management
 - Parenting
 - Physical Exercise
- Pregnancy Health
 - Quitting Smoking
 - Safety
 - STIs and HIV
 - Traumatic and Stressful Life Events (Abuse, Neglect, Household Concerns)
 - Weight
 - Other_____




Many families have traumatic and stressful life events. This can affect your health and overall well-being. Please talk with your doctor if you have concerns.



Stay Healthy

- See your doctor at least once a year.
 - Follow up with your doctor if you have 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.
 - Quit smoking (your doctor can help).
- Stay in touch and spend time with family and friends.
 - Get your vaccines (shots).
 - Practice safe sex.

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

	 L.A. Care HEALTH PLAN®	 blue california Promise Health Plan	 Anthem BlueCross
Member Services	L.A. Care Covered™ 24/7 1.855.270.2327 (TTY 711) Medi-Cal 24/7 1.888.839.9909 (TTY 711)	1.800.605.2556 (TTY 711) Hours of Operation M–F: 8am to 6pm	1.888.285.7801 (TTY 711) Hours of Operation M–F: 7am to 7pm
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 711)
Telehealth Services 24/7	Teladoc™ 1.469.643.2161 (TTY 711)	Teladoc 1.800.TELADOC (1.800.835.2362) (TTY 711)	1.888.LIVEHEALTH (1.888.548.3432) (TTY 711)
Website	lacare.org	blueshieldca.com/promise	anthem.com/ca

You can get this information free in your language. Please call Member Services. This call is free. L.A. Care complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

My Doctor's Name: _____

My Doctor's Phone Number: _____

Questions I have for my Doctor:

My Specialist's Name: _____

My Specialist's Phone Number: _____

Questions I have for my Specialist:

To order additional copies for doctors, visit: <https://healtheducation.icolorprinting.ds.pressero.com/login>.



L.A. Care
HEALTH PLAN®

These Preventive Health Guidelines represent a compilation of recommendations from national and state organizations recommendations, 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.

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L.A. Care
HEALTH PLAN®

For All of L.A.

How to Stay Healthy

Health Care Services for Adults



Use this guide to help you:



Learn what health care services to get from your doctor.



Find out which ones 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 Care Services for Everyone

It is important to see your doctor once a year, even if you do not feel sick. New members should see their doctor **right away**. Your first visit is called the **Initial Health Appointment** (IHA). This should happen within four (4) months of joining L.A. Care. Your doctor will talk with you about your health, lifestyle, any health risks, and your family’s medical and mental health history during the IHA. They will also perform a physical exam, and make sure you are up to date on needed tests, vaccines, and screenings. These visits are free of charge.

Health Care Services	When to go to the doctor (You may be seen by a physician, physician assistant, or nurse practitioner.)	Date
Wellness Visit Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening.	Each year. Your doctor may recommend visits based on your risk.	
Alcohol, Drug Use, Tobacco, Cannabis or Vaping	If you think you have a problem or have two or more drinks of alcohol a day. Ask your doctor how to get help.	
Cholesterol Testing Tests risk for heart disease.	Know your numbers. Adults ages 40 to 75 should have their cholesterol checked every 4-6 years . Your doctor may recommend testing more often, depending on your health risk.	
Colon and Rectal Cancer Screening	Ages 45-75 Ask your doctor which test is right for you. Some people can take a test at home!	
Diabetes Screening This disease can damage the heart, kidneys, nerves, eyes and feet.	Adults aged 35 to 70 years who are overweight, obese or have a family history of diabetes should be screened.	
Hearing and Vision Testing Checks for hearing and eye health.	As recommended by your doctor and when you are having trouble hearing or seeing.	
Hepatitis C Test This virus can cause liver damage.	Adults ages 18 to 79 should be screened at least once. Your doctor may recommend testing if you are at risk.	
Hepatitis B Test This virus can cause liver damage.	Adults ages 18 to 79 should complete a Hepatitis B Test even if they received the Hepatitis B Vaccine. Your doctor may recommend testing if you are at risk.	
Human Immunodeficiency Virus (HIV) Screening HIV attacks the immune system which protects against infections and cancers.	Screening at each well visit for ages 15-65 . Your doctor may recommend testing if you are pregnant or at risk.	
Lung Cancer Screening	Your doctor may recommend screening between ages 50-80 if you have a history of smoking or current tobacco use.	
Tuberculosis (TB) Risk Screening and Test This bacteria can cause lung, liver, and kidney damage, arthritis, back pain and meningitis.	Your doctor may recommend testing if you are at risk.	
You may need other services if you are at risk.		



Vaccines (Shots) for Everyone

Shots help you stay safe from serious diseases. Getting one is quick and easy. It can help 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 and the protection it gives.

Vaccines (Shots)	When to go to the doctor	Date
COVID-19	1 or more doses of the updated vaccine.	
Hepatitis B	If you are at risk, your doctor may recommend two (2), three (3), or four (4) shots.	
Human Papillomavirus (HPV)	Two (2) or three (3) shots for persons up to age 26 .	
Influenza (Flu)	One (1) shot each year. You can get your flu shot as early as September.	
Measles, Mumps, and Rubella (MMR)	One (1) or two (2) shots with no record of immunity.	
Pneumococcal	One (1) shot, starting at age 65 or as recommended by your doctor.	
Tetanus, Diphtheria, Pertussis (Tdap)	One (1) shot, then a Tdap booster every 10 years or with each pregnancy.	
Varicella (Chickenpox)	Two (2) shots if born in or after 1980. You may need extra shots based on your risk.	
Zoster (Shingles)	Two (2) shots starting at 50 years or older or as your doctor recommends.	
Other Vaccines/Shots	Talk with your doctor about what other shots you may need. Other shots may be necessary if traveling out of the country.	
You may need other shots if you are at risk.		



Health Care Services for Females

Health Care Services	When to go to the doctor			
	16 to 40 years	40 to 64 years	65+ years	Date
Breast Cancer Screening Mammogram X-ray of the breasts.	Your doctor may recommend a screening before age 40 if you are at risk.	Every two (2) years from ages 40 to 75 .		
Cervical Cancer Screening Pap test alone, HPV test alone, or Pap/HPV co-testing.	Pap test every three (3) years from ages 21 to 65 .		Ask your doctor if you need to continue screening after age 65 .	
	HPV test alone or Pap/HPV co-testing every five (5) years from ages 30 to 65 .			
Sexually Transmitted Infections (STIs) Screenings Chlamydia, Gonorrhea, Syphilis, and Human Immunodeficiency Virus (HIV)	Yearly screenings for sexually active females or as recommended by your doctor. Chlamydia and Gonorrhea testing every year for sexually active females from ages 16-24 .			
Osteoporosis Screening Bone density test detect weak and brittle bones, which can increase the risk of fractures.	Women aged 65 years and older are screened for osteoporosis with bone measurement testing to prevent osteoporotic fractures.		Screening is recommended.	
	Your doctor may recommend screening before age 65 if you are at risk or have had a broken bone.			
You may need other screenings if you are at risk.				

Stay Healthy During Pregnancy and After Giving Birth

Before Pregnancy Care:

- ✓ Talk with your doctor about folic acid. This vitamin helps prevent congenital disabilities.
- ✓ See your doctor as soon as you think you are pregnant. Get tested for Sexually Transmitted Infections (STIs).

During Pregnancy (Prenatal) Care:

Checkups:	How Often?
First 28 Weeks	Every 4 Weeks
29-36 Weeks	Every 2 Weeks
36 Weeks and Beyond	Weekly

- ✓ Get Tdap shot during your 27th-36th week of pregnancy. This gives your baby early protection against whooping cough.
- ✓ Continue taking your prenatal vitamins.

After Pregnancy (Postpartum) Care:

Keep your doctor appointments! The doctor will check 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 doctor within two weeks or sooner. 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.