



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 you have ever smoked 100 cigarettes in your lifetime.	
Prostate Cancer Screening	Males between 55-69 years of age should talk with their doctor about the need for prostate cancer screening. Males over 70 years of age should not be screened regularly if not having symptoms.	
Sexually Transmitted Infections (STIs) Chlamydia, Gonorrhea, Syphilis, Human Immunodeficiency (HIV), Human Papillomavirus (HPV)	The doctor may recommend screening if at risk.	

You may need other screenings if you are at high 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
- 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'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.
- Quit smoking (your doctor 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 My Health in Motion, 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 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 1.800.TELADOC (1.800.835.2362) (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 for 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 Name: _____

My Doctor Phone Number: _____

Questions I have for my Doctor:

My Specialist Name: _____

My Specialist Phone Number: _____

Questions I have for my Specialist:

To order additional copies for doctors, visit: <http://healtheducation.chi.v6.pressero.com/login>.



These Preventive Health Guidelines represent a compilation of recommendations from national and state organizations 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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How to Stay Healthy

Health Care Services for Adults



L.A. Care HEALTH PLAN

For All of L.A.



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

Staying healthy starts with getting the right health tests at the right time. The tests look for problems early, when they may be easier to treat. A healthy lifestyle helps prevent health problems. Your risk is based on your current health and health history. New members should see their doctor **right away**. You may be seen by a physician, physician assistant or a nurse practitioner. During the first visit, the **Staying Healthy Assessment** will be filled out. This should happen within three (3) months of enrollment and then each year thereafter. These services are at no cost to you.

Health Care Services	When to go to the doctor	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.	
Risky Alcohol, Drug Use, Tobacco, Cannabis or Vaping	If you think you have a problem or have four or more drinks of alcohol a day. Ask your doctor about how to get help.	
Cholesterol Testing Tests risk for heart disease.	Your doctor may recommend tests from ages 40-75 if you are at high risk for coronary heart disease.	
Colon and Rectal Cancer Screening	Ages 45-75 Ask your doctor about which one of these tests are right for you: Stool-Based Tests (each year) Checks for hidden blood in your stool (bowel movement). Flexible Sigmoidoscopy (every 5 years) Checks the lower part of your colon for cancer. CT Colonography (every 5 years) Test that uses pictures to check your colon for cancer. Colonoscopy (every 10 years) Checks the larger part of your colon.	
Diabetes Screening Disease can damage the heart, kidneys, nerves, eyes and feet.	Adults who are overweight or obese, or who have a family history of diabetes. If you have a sustained blood pressure greater than 140/90.	
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 Virus can cause liver damage.	Screening adults ages 18-79 . Your doctor may recommend testing if you are at risk.	
Hepatitis B Test Virus can cause liver damage.	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.	
Tuberculosis (TB) Risk Screening and Test Bacteria can cause lung, liver, and kidney damage, arthritis, back pain and meningitis.	Recommended for all adults as part of first checkup and periodic physical exams. Your doctor may recommend testing if you are at risk. Some jobs may put you at high risk.	
Lung Cancer Screening	Your doctor may recommend testing if you are at risk between ages 50-80 .	

You may need other services if you are at high 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
Hepatitis B Virus can cause liver disease and cancer.	Two (2), three (3), or four (4) shots may be recommended by your doctor if you are at risk.	
Human Papillomavirus (HPV) Virus can cause cervical cancer and genital warts.	Two (2) or three (3) shots for persons up to age 26 .	
Influenza (Flu) Virus can cause lung, ear and sinus infections.	Each Year You can get your flu shot as early as September.	
Measles, Mumps, and Rubella (MMR) Viruses can cause pneumonia, deafness, and brain damage.	One (1) shot with no record of exposure.	
Pneumococcal Bacteria can cause pneumonia and blood infection.	One (1) shot starting at age 65 or as recommended by your doctor.	
Tetanus, Diphtheria, Pertussis (Tdap) Bacteria can cause muscle spasms, breathing problems, heart damage, and whooping cough.	One (1) shot then a Tdap booster every 10 years or with each pregnancy.	
Varicella (Chickenpox) Virus can cause a characteristic skin rash that forms small and itchy blisters.	Two (2) shots if born in or after 1980.	
Zoster (Shingles) Virus can cause blisters, skin infections, nerve damage, and vision loss.	Two (2) shots starting at 50 years or older or as recommended by your doctor.	
Other Vaccines/Shots Your doctor may recommend other shots if you are at high risk.	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 high risk.



Health Care Services for Females

Health Care Services	When to go to the doctor			Date
	19 to 49 years	50 to 64 years	65+ years	
Breast Cancer Screening Mammogram X-ray of the breasts.	Your doctor may recommend a screening before age 50 if you are at high risk.	Every two (2) years from ages 50 to 74 .		
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 age 24 and younger. Your doctor may recommend screening if you are over age 24 and at high risk.			
Osteoporosis Screening Bone density test to help detect weak and brittle bones, which can increase the risk of fractures.	Your doctor may recommend screening before age 65 if you are at high risk or have had a broken bone.	Screening for females age 65 and older once or as recommended by your doctor.		

You may need other screenings if you are at high risk.

Stay Healthy During Pregnancy and After Giving Birth

Before Pregnancy Care:

- ✓ Talk with your doctor about folic acid. This vitamin helps prevent birth defects.
- ✓ 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.