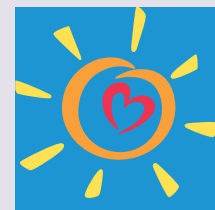


How to Stay Healthy

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



L.A. Care
Cal MediConnect
(Medicare-Medicaid Plan)



Use this guide to help you:



Learn what health services to get from your health care provider



Find out which services are right for you



Keep track of your services as you get them



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 health care provider each year for wellness visits. New members should see their health care provider **right away** for their first visit and **Staying Healthy Assessment** within 3 months of enrollment and every year.

Health Services	When to go to the health care provider	Date Received
<p>Wellness Visit Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening</p>	<p>Each Year</p>	
<p>Risky Alcohol, Drug Use, Tobacco, Cannabis and Vaping</p>	<p>If you think you have a problem or drink four or more drinks a day, ask your health care provider about how to get help</p>	
<p>Cholesterol Testing Test risk for heart disease</p>	<p>Your health care provider may suggest testing if you are at risk for heart disease</p>	
<p>Colon and Rectal Cancer Screening</p>	<p>Ages 50-75 Ask your health care provider about choosing one of these tests: Stool-Based Tests (each year) Test to see if there is blood in your stool (bowel movement) Flexible Sigmoidoscopy (every 5 years) Test to check 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) Test to check a larger part of your colon for cancer</p>	
<p>Diabetes Screening Disease can damage the heart, kidneys, nerves, eyes and feet</p>	<p>Adults who are overweight or obese, or who have a family history of diabetes. Adults with blood pressure greater than 140/90.</p>	
<p>Fall Risk Management Especially for those who have had one fall or are unsteady</p>	<p>Adults 65 years and older and as recommended by your health care provider</p>	
<p>Hearing and Vision</p>	<p>As recommended by your health care provider and when you are having trouble hearing or seeing</p>	
<p>Hepatitis C Test</p>	<p>One-time testing for adults born between 1945-1965. Your health care provider may recommend testing if you are at risk.</p>	
<p>Hepatitis B Test</p>	<p>Your health care provider may recommend testing if you are at risk</p>	
<p>Human Immunodeficiency Virus (HIV) Screening</p>	<p>Screening at least once for adults ages 19-65. Your health care provider may recommend screening if you are pregnant or at risk.</p>	
<p>Tuberculosis (TB) Risk Screening and Test</p>	<p>Recommended for all adults as part of first checkup. Your health care provider may recommend testing if you are at risk.</p>	

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 health care provider can tell you what each shot does.

Vaccines (Shots)	When to go to the health care provider			
	19 to 49 Years	50 to 64 Years	65+ Years	Date Received
<p>Hepatitis B Virus can cause liver disease and cancer</p>	Three (3) doses may be recommended by your health care provider if you are at risk			
<p>Influenza (Flu) Virus can cause pneumonia (lung Inflammation), bronchitis (lung infection), ear and sinus infections</p>	<p>Every Year Get your flu shot before the flu season starts in the fall by the end of October</p>			
<p>Measles, Mumps, and Rubella (MMR) Viruses can cause pneumonia, deafness, and brain damage</p>	If born in or after 1957 (1 or 2 doses)		As recommended by your health care provider	
<p>Pneumococcal Bacteria can cause pneumonia and blood infection</p>	As recommended by your health care provider		One dose	
<p>Tetanus, Diphtheria, Pertussis (Tdap) Bacteria can cause muscle spasms, breathing problems, heart damage, and whooping cough</p>	One dose then a Tdap booster every 10 years or with each pregnancy			
<p>Zoster (Shingles) Virus can cause blisters, skin infections, nerve damage, and vision loss</p>			One (1) or two (2) shots as recommended by your health care provider	
<p>Other Vaccines/Shots Your health care provider may recommend other shots if you are at high risk</p>	Talk with your health care provider about what other shots you may need. Other shots may be necessary if traveling out of the country.			

You may need other screenings or shots, if you are at high risk



Additional Health Services for Women

Health Services	When to go to the health care provider			Date Received
	19 to 49 years	50 to 64 years	65+ years	
Breast Cancer Screening Mammogram X-ray of the breasts	Your health care provider may recommend a mammogram before age 50 if you are at high risk	Every 2 years from ages 50 to 74 years		
Cervical Cancer Screening Pap test alone, HPV test alone, Pap/ HPV co-testing	Every three (3) years from ages 21 to 65	If you are 30 to 65, you and your health care provider can choose one of these options. You may only need screening every 5 years.	Ask your health care provider if you need to continue having a Pap smear test after age 65	
Chlamydia and Gonorrhea Screenings Sexually transmitted diseases can cause pelvic inflammatory disease and infertility	Regular screenings for sexually active women age 24 years and younger. Your health care provider 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 health care provider may recommend screening before age 65 if you are at high risk or have had a broken bone	Screening for women age 65 and older		

You may need other screenings or shots, if you are at high risk

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

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

- ✓ 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 health care provider appointments! The health care provider will check both 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 health care provider within two weeks or sooner, if needed. This is in addition to your postpartum checkup.
- ✓ Talk with your health care provider about postpartum mood changes and anxiety
- ✓ Talk with your health care provider about family planning / birth control



Additional Health Services for Men

Health Services	When to go to the health care provider	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 health care provider about prostate cancer. 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 health care provider about?

- Traumatic and Stressful Life Events (Abuse, Neglect, Household Concerns)
- 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
- Medications
- 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

Many families have traumatic and stressful life events. This can affect your health and well-being. Please talk with your health care provider about these stressful life events.



What you can do to 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 health tests
- 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 **My Health In Motion³**, 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 Motion³** tab to start your profile!

L.A. Care Health Plan is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

**This is not a complete list. The benefit information is a brief summary, not a complete description of benefits. For more information contact the plan or read the Member Handbook. Limitations, copays, and restrictions may apply. For more information, call L.A. Care Cal MediConnect Plan Member Services or read the L.A. Care Cal MediConnect Plan Member Handbook. Benefits, List of Covered Drugs, pharmacy and provider networks and/or copayments may change from time to time throughout the year and on January 1 of every year.*



You can get this information for free in other languages. Call **1.888.522.1298** (TTY **711**). The call is free. For health questions, call the Nurse Advice Line 24/7 **1.800.249.3619**.

My Health Care Provider Name: _____

My Health Care Provider Phone Number:

Questions I have for my Health Care Provider:

My Specialist's Name: _____

My Specialist's Phone Number: _____

Questions I have for my Specialist:

To order additional copies for health care providers, visit <http://www.lacare.org/providers/provider-resources/tools-toolkits/health-education-tools>



L.A. Care
Cal MediConnect
(Medicare-Medicaid Plan)

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.