Health Care Services for Males

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): Screenings

Chlamydia, Gonorrhea, Syphilis, Human Immunodeficiency (HIV), and Human Papillomavirus (HPV)

• Fall Prevention
• Eye Health
• Drugs and Alcohol Problems
• Diabetes
• Depression
• Dental Health
• Bladder Control
• Asthma
• Aspirin
• Advance Directives
• Prostate Cancer
• Parenting
• Pain Management
• Nutrition and Healthy Eating
• Memory Loss
• Medications
• Long-term Care
• Family Planning
• Physical Exercise
• Pregnancy Health
• Quitting Smoking
• Safety
• STIs and HIV
• Traumatic and Stressful Life Events (Abuse, Neglect, Household Concerns)
• Weight
• Other

The doctor may recommend screening at risk.

The doctor may recommend screening for males.

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

How to Stay Healthy

It’s simple: L.A. Care CalMediConnect Plan (Medicare-Medicaid Plan) is here to help you.

Use this guide to help you:

Find out which ones are right for you.

Learn what health care services to get from your doctor.

Keep track of your services as you get them.

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 CalMediConnect Plan Member Services or read the L.A. Care CalMediConnect 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 each year.

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.

Sources for information within these Preventive Health Guidelines:

Centers for Medicare and Medicaid Services; 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.

Your health care team is here to help you.

Health Care Services

When to go to the doctor

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What you can do to 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).

My Doctor Name: _____________________________
My Doctor Phone Number: ______________________
My Specialist Name: ____________________________
My Specialist Phone Number: ____________________
Questions I have for my Doctor:

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

“LA0730 06/22H8258_15163_2022_OldrAdltPrvntvHlthBrchr_C_Accepted”

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

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Health Care Services for Everyone

Stay healthy and strong with 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. Your risk is based on your current health and history. New members should see their doctor right away. You may be seen by a physician, physician assistant or nurse practitioner. During the first visit, the Annual Wellness Exam is filled out. This should be done within three (3) months of enrollment and then every other year. These services are at no cost to you.

Health Care Services

Wellness Visit

Medical and family history, physical exam, blood pressure, height, weight, body mass index (measure for a healthy weight), depression and anxiety screening.

Risky Alcohol, Drug Use, Tobacco, Cannabis and Vaping

Ask your doctor about which ones are right for you.

Colon and Rectal Cancer Screening

Stool-Based Tests (each year): Screening adults ages 50-74. Your doctor may recommend testing if you are at high risk, have a family history of colon cancer, fall victim to colorectal cancer, or had polyps removed.

Colonoscopy

Flexible Sigmoidoscopy (every 5 years): Recommended for adults ages 50 to 74.

Diabetes Screening

Fasting Blood Glucose: Recommended for adults ages 45-74 with a family history of diabetes, adults with high blood pressure, or who are overweight or obese.

Hearing and Vision Testing

Check for hearing and eye health.

Hepatitis C Test

Screening adults ages 18-79. Your doctor may recommend testing if you are at risk.

Hepatitis B Test

Screening adults ages 18-79. Your doctor may recommend testing if you are at risk.

Human Immunodeficiency Virus (HIV) Screening

Screening at each well visit for adults ages 15-65. Your doctor may recommend testing if you are pregnant or at risk.

Tuberculosis (TB) Risk Screening and Testing

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

Recommended for adults ages 50-79, who smoke or used to smoke, have a history of lung cancer, or have had a polyp removed.

Health Care Services for Females

Stay Healthy During Pregnancy and After Giving Birth

Before Pregnancy Care:

Talk with your doctor about family planning/birth control.

During Pregnancy (Prenatal Care):

Chockups: How Often?

First 28 Weeks Every 4 Weeks
29-36 Weeks and Beyond Weekly

Cervical Cancer Screening

Use this guide to find out what shots are needed and when. Your doctor can tell you about what each shot does and the protection it gives.

Bacterial Gastroenteritis

Your doctor may recommend testing if you are at risk.

Varicella (Chickenpox)

Two (2) shots starting at age 50 years or older or as recommended by your doctor.

Vaccine (Shots) for Everyone

Shots help keep you and your loved ones healthy. 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) to Everyone

Health Care Services

When to go to the doctor

10 to 49 Years

50 to 64 Years

65 Years

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 at risk.

Influenza (Flu)

Virus can cause lung, ear and sinus infections.

One (1) shot with no record of exposure.

Meningococcal

Bacteria can cause meningococcal meningitis.

As recommended by your doctor.

Varicella (Chickenpox)

Virus can cause rashes that form small and itchy blisters.

Two (2) shots if born in or after 1980.

Vaccines (Shots) for Females

Breast Cancer Screening

Mammogram every 2 years.

Your doctor may recommend a screening before age 50 if you are at high risk.

Cervical Cancer Screening

Pap test alone, HPV test alone, or Pap/HPV co-testing every five (5) years from age 21 to 65.

Ask your doctor if you need to continue screening after age 65.

Sexually Transmitted Infections (STIs)

Screening for females ages 24 years and younger.

Your doctor may recommend screening if you are over age 24 and at high risk.

Osteoporosis Screening

Bone density test for females ages 50 to 74.

Ask your doctor if you have had a broken bone, within two weeks or sooner. This is in addition to your postpartum checkup.

Talk with your doctor about postpartum mood swings and anxiety.

Talk with your doctor about family planning/birth control.

When to go to the doctor

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50 to 64 Years

65+ Years

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