



## STAYING WELL IS A YEAR-AROUND JOB

Staying well is like a full-time job that needs your attention but will pay large rewards! Care1st Healthplan Arizona would like you to know some routine things that you can do for yourself or for your family to help stay well.

### Children

Even when your child is not sick it is important for them to have regular check-ups with their PCP. These visits include but are not limited to:

- A complete physical exam
- Taking a health and development history
- A nutritional assessment
- Dental screening
- Behavioral health screening
- Shots (immunizations) \*Be sure to take your child's shot record with you to each visit
- Speech, hearing and eye exams
- Tests for TB (tuberculosis), anemia, and sickle cell
- Lab tests (including blood screening for lead)

Appointments should be made for check-ups with your PCP at the following ages:

Newborn	9 months	4 years	14 years
2-4 days	12 months	5 years	15 years
One month	15 months	6 years	16 years
2 months	18 months	8 years	17 years
4 months	24 months	10 years	18 years
6 months	3 years	12 years	19 Years
			20 years

## **Adults**

Adults (members ages 21 years and older) also need to see their PCP regularly. Some of the tests depend on your age or gender and include but are not limited to:

- Physical exams that include your height and weight and blood pressure checks at least every two years
- Lab tests for Cholesterol levels at least every 5 years, colon cancer screening every year beginning at the age of 45, and a sigmoidoscopy every 3-5 years beginning at the age of 45
- For women, a mammography at least every 1-2 years beginning at the age of 45, a breast exam every year beginning at the age of 35, and a pelvic exam and pap smear every 1-3 years
- For men, a prostate screening every year beginning at the age of 45
- Other tests to screen for cancer can include exams of the mouth, skin, lymph nodes and thyroid
- Dental screening, vision and glaucoma screening and a urinalysis are also conducted
- Shots or immunizations for tetanus, influenza (flu), pneumococcus (pneumonia), rubella, measles, or hepatitis-B may also be needed
- Education and guidance may also be given for smoking, alcohol and drugs use, sexual behavior, AIDS, nutrition, physical activity, violence and guns, family planning, injuries, and medications such as Folate for women 12-45 years of age, Aspirin, or Estrogen for women 45 years and older

**Your health is first with Care1st Health Plan Arizona!**