These Preventative 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.

Developed by L.A. Care Health Plan working with Anthem Blue Cross and Care 1st Health Plans. Together, we provide Medi-Cal Managed Care Services in Los Angeles County.

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 asked by your doctor.
- Get the right health tests.
- Eat well-balanced meals.
- Keep a healthy weight.
- Exercise and move your body more.
- Quit smoking (your doctor can help).
- Stay in touch and spend time with family and friends.

Use this guide to help you:

If you have questions about your doctor:
- My Doctor’s Name: ____________________
- My Doctor’s Phone Number: ____________
- Questions I have for my doctor: ___________________________________________
- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________

Which health topics would you like to talk to your doctor about?
- Eye Health
- Full Prevention
- Family Planning and Birth Control
- Long Term Care
- Medication
- 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

If you have questions about your specialist:
- My Specialist’s Name: ____________________
- My Specialist’s Phone Number: ____________
- Questions I have for my Specialists: ___________________________________________
- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________

HOW TO STAY Healthy

Adult Health Services

Use this guide to help you:

- Learn what care to get from your doctor
- Find out which tests are right for you
- Keep track of your tests as you get them

Cholesterol Tests for heart disease

- Your doctor may recommend testing if you are at high risk for coronary heart disease.

- Ask your doctor if you need to have your cholesterol tested every 5 years.

Abdominal Aortic Aneurysm Screening Ultrasound

- You may need other tests if you are at high risk.

Additional Health Services for Men

- Follow up with your doctor if you’ve been in the hospital.
- Take your medicine as asked by your doctor.
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Tests

When to go to the doctor

Abdominal Aortic Aneurysm Screening Ultrasound

- Your doctor may recommend testing if you are at high risk for Abdominal Aortic Aneurysm.

- Ask your doctor if you have ever smoked.

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Health Services for Men and Women

Stay healthy and prevent chronic health issues by getting regular health tests and screenings. Here are some tips for when to go to the doctor:

**Diabetes**
- For those over age 25 or with a family history of diabetes, check your blood sugar levels every year.

**Hearing and Vision**
- For adults age 50 and older, get a hearing test and eye exam every year.

**Hepatitis C**
- Consider testing if you are at high risk for hepatitis C, such as if you have ever injected drugs or have a history of certain sexually transmitted infections.

**Hepatitis B**
- Get vaccinated if you are at high risk for hepatitis B, such as if you are a healthcare worker, have a history of injection drug use, or have a higher risk lifestyle.

**Human Papilloma Virus (HPV)**
- Consider testing for HPV if you are at high risk for cervical cancer, such as if you have multiple sexual partners or a history of unprotected sex.

**HIV**
- Get tested if you have engaged in behaviors that put you at risk for HIV, such as having unprotected sex or sharing needles.

**Hypertension**
- Keep your blood pressure checked regularly, especially if you have high blood pressure.

**Influenza**
- Get the flu vaccine every year, especially if you have chronic health conditions.

**Meningococcal Disease**
- Get the meningococcal vaccine if you are at high risk, such as if you are a student in a residential setting.

**Measles, Mumps, and Rubella (MMR)**
- Get vaccinated if you were not already vaccinated as a child or if you are at high risk.

**Mumps**
- Get vaccinated if you were not already vaccinated as a child or if you are at high risk.

**Pneumococcal Disease**
- Get vaccinated if you are at high risk, such as if you are over age 65 or have certain chronic health conditions.

**Pneumonia**
- Get treated if you have symptoms of pneumonia, such as fever, cough, and shortness of breath.

**Tuberculosis (TB)**
- Get tested if you are at high risk, such as if you have been in a country with high TB incidence or have had close contact with someone with TB.

**Vaccines (Shots)**
- Get vaccinated against diseases that can be prevented by vaccines, such as measles, mumps, and rubella.

Additional Health Services for Women

Stay Healthy When You Are Pregnant and After Giving Birth

- Talk with your doctor about the importance of getting vaccinated against diseases that can affect you and your baby.

- Keep your prenatal appointments and follow your doctor's advice for a healthy pregnancy.

- After giving birth, talk with your doctor about postpartum care and any needed vaccinations.

Your may need other tests if you are at high risk:

- Screen for breast cancer if you are at high risk.
- Screen for ovulation and fertility issues if you are at high risk.
- Screen for sexually transmitted infections if you are at high risk.
- Screen for diabetes if you are at high risk.
- Screen for other conditions based on your medical history and risk factors.

Vaccines (Shots) for Men and Women

Stay healthy and prevent illnesses by getting regular vaccinations. Here are some tips for when to get your vaccines:

**Breast Cancer**
- Get screened for breast cancer if you are at high risk.
- Get mammograms if you are between the ages of 40 and 41.
- Get mammograms every year after age 41.
- Get a breast cancer screening every 5 years if you are at high risk.

**Cervical Cancer**
- Get screened for cervical cancer if you are at high risk.
- Get a Pap test every 3 years if you are at high risk.
- Get a HPV test every 5 years if you are at high risk.

**Chlamydia and Gonorrhea**
- Get screened for these infections if you are at high risk.
- Get screened every year if you are at high risk.

**Cytomegalovirus (CMV)**
- Get screened for CMV if you are at high risk.
- Get screened every 5 years if you are at high risk.

**Human Immunodeficiency Virus (HIV)**
- Get screened for HIV if you are at high risk.
- Get screened every year if you are at high risk.

**Herpes**
- Get screened for herpes if you are at high risk.
- Get screened every year if you are at high risk.

**Hepatitis A**
- Get screened for hepatitis A if you are at high risk.
- Get screened every 5 years if you are at high risk.

**Hepatitis B**
- Get screened for hepatitis B if you are at high risk.
- Get screened every year if you are at high risk.

**Hepatitis C**
- Get screened for hepatitis C if you are at high risk.
- Get screened every year if you are at high risk.

**Hepatitis D**
- Get screened for hepatitis D if you are at high risk.
- Get screened every year if you are at high risk.

**Hepatitis E**
- Get screened for hepatitis E if you are at high risk.
- Get screened every year if you are at high risk.

**Human Papilloma Virus (HPV)**
- Get screened for HPV if you are at high risk.
- Get screened every 5 years if you are at high risk.

**Influenza**
- Get screened for influenza if you are at high risk.
- Get screened every year if you are at high risk.

**Malaria**
- Get screened for malaria if you are at high risk.
- Get screened every year if you are at high risk.

**Meningococcal Disease**
- Get screened for meningococcal disease if you are at high risk.
- Get screened every year if you are at high risk.

**Measles, Mumps, and Rubella (MMR)**
- Get screened for MMR if you are at high risk.
- Get screened every year if you are at high risk.

**Pneumococcal Disease**
- Get screened for pneumococcal disease if you are at high risk.
- Get screened every year if you are at high risk.

**Pneumonia**
- Get screened for pneumonia if you are at high risk.
- Get screened every year if you are at high risk.

**Typhoid Fever**
- Get screened for typhoid fever if you are at high risk.
- Get screened every year if you are at high risk.

**Tuberculosis (TB)**
- Get screened for TB if you are at high risk.
- Get screened every year if you are at high risk.

**Viral Hepatitis**
- Get screened for viral hepatitis if you are at high risk.
- Get screened every year if you are at high risk.

**Viral Malaria**
- Get screened for viral malaria if you are at high risk.
- Get screened every year if you are at high risk.

**Zika Virus**
- Get screened for Zika virus if you are at high risk.
- Get screened every year if you are at high risk.

Your may need other tests if you are at high risk:

- Get mammograms if you are at high risk.
- Get Pap tests if you are at high risk.
- Get colonoscopies if you are at high risk.
- Get blood pressure checks if you are at high risk.
- Get cholesterol checks if you are at high risk.
- Get diabetes checks if you are at high risk.
- Get cancer screenings if you are at high risk.
- Get mental health checks if you are at high risk.
- Get substance use checks if you are at high risk.
- Get other health checks based on your specific health needs.

Stay Healthy When You Are Pregnant and After Giving Birth

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