

Stay healthy at every age.

Did you know...

Heart disease is the leading cause of death for all Americans 35 and older



My name is Sean. When I turned 46 last year I started having chest pains. I went to see my doctor and was told I was a "heart attack waiting to happen." With his guidance and support I quit smoking, started exercising and learned which foods I liked that were also good for me. Since then my cholesterol and blood pressure have improved, I've lost weight and now I have more energy after work. Luckily, I caught the problem in time. Seeing your doctor for regular check ups can lessen your chance of having a heart attack.

- One person dies every 30 seconds from heart disease, that's over 2,600 people every day
- About 1 in 3 men have some sort of cardiovascular disease

Call your doctor or Medical Home to make an appointment

If you have questions call Customer Service at **(415) 615-4555.**

Eat Healthy

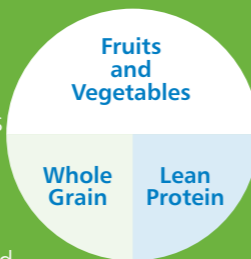
- **Read** food labels to select food lower in sodium (salt) and fat
- **Limit** high sodium foods such as fast food and packaged foods
- **Eat** more vegetables and fruits
- **Limit** gravies, sauces, butter and margarine
- **Eat** fat free and low-fat dairy products (two or three servings per day)
- **Avoid** soda and sugary drinks
- **Treat** meat as one part of the whole meal instead of the main focus

Daily Eating Guide:

1/2: Fruits and Vegetables

1/4: Whole grains (like brown rice)

1/4: Lean protein such as baked chicken, turkey or fish



Ask your doctor for more information about eating healthy.



Did you know...

9,000 workers are treated in emergency departments each day for on-the-job injuries

My name is Daniel. A few months ago I hurt my back moving furniture. My back has been bothering me since then, but I was still able to work. I never made the time to see my doctor because I am my family's only source of income. Last Friday, I collapsed in pain after lifting a box off the truck. I couldn't move and ended up having to go to the emergency room. My doctor said it might take months for me to recover and now I can't work at all. If I'd seen her earlier, I could have gotten the help I needed to heal and I might still have my job. Don't wait like I did. Talk to your doctor early if you hurt yourself or are having pain.



- Repetitive strain injuries are the nation's most common and costly occupational health problem, affecting thousands of American workers

Did you know...

One in four Americans will get a Sexually Transmitted Infections (STI) at some point in their lives

My name is Stan. My wife and I have been married for two years and have been trying to get pregnant. We went to see the doctor and had some tests. He told us that we both had Chlamydia even though we had never had any symptoms. We don't know who had it first, but now she might never be able to have a baby. If we had gotten tested earlier, we could have been easily treated. Don't let this happen to you. See your doctor and get tested.

- Many STIs don't cause symptoms
- Untreated STIs can cause serious health problems
- 15 million people become infected with one or more STIs each year



Detach and take the chart on the right with you when you visit your doctor and talk about which exams, screenings, and immunizations are right for you.

Recommended Exams, Screenings and Immunizations

AGE	18+	30	40	50	60	70	90
Physical Exam							
High blood pressure	Check blood pressure every 1-2 years. Should be less than 120/80						
Overweight and Obesity	Have your Body Mass Index (BMI) calculated every 1-2 years						
Screenings							
High Cholesterol	Check cholesterol every 5 years beginning at age 35						
Tuberculosis	Talk to your doctor about your health risks every year, and if you need to be tested						
Colon Cancer	Ask your doctor about screening options for you						
HIV and other Sexually Transmitted Infections (STIs)	Talk to your doctor about regularly screening for HIV and other STIs						
Prostate Cancer	Talk to your doctor about the risks and benefits of prostate cancer screening beginning at age 45						
Immunizations							
Tetanus / Diphtheria	Every 10 years						
Flu vaccine	Every year beginning at age 50						
Pneumovax	Talk to your doctor about whether this is right for you. At age 65 and older, should be given routinely						
Hepatitis B	Get 3 doses of the vaccine if certain risk factors are present. Discuss with your doctor						
Monthly self exams to detect early signs of cancer Report any unusual findings to your health care provider							
Testicles	Check for lumps						
Skin	Look for any changes in moles or freckles						
Mouth	Look for any sores						

Healthy living starts with a doctor visit.



To make an appointment call your doctor or Medical Home:

Dr. First Name Last Name
Medical Home Name
1234 Main Street, XX floor
San Francisco, CA 94123

(415) XXX-XXXX

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Did you know...
Smoking is the number one cause of preventable death in the United States

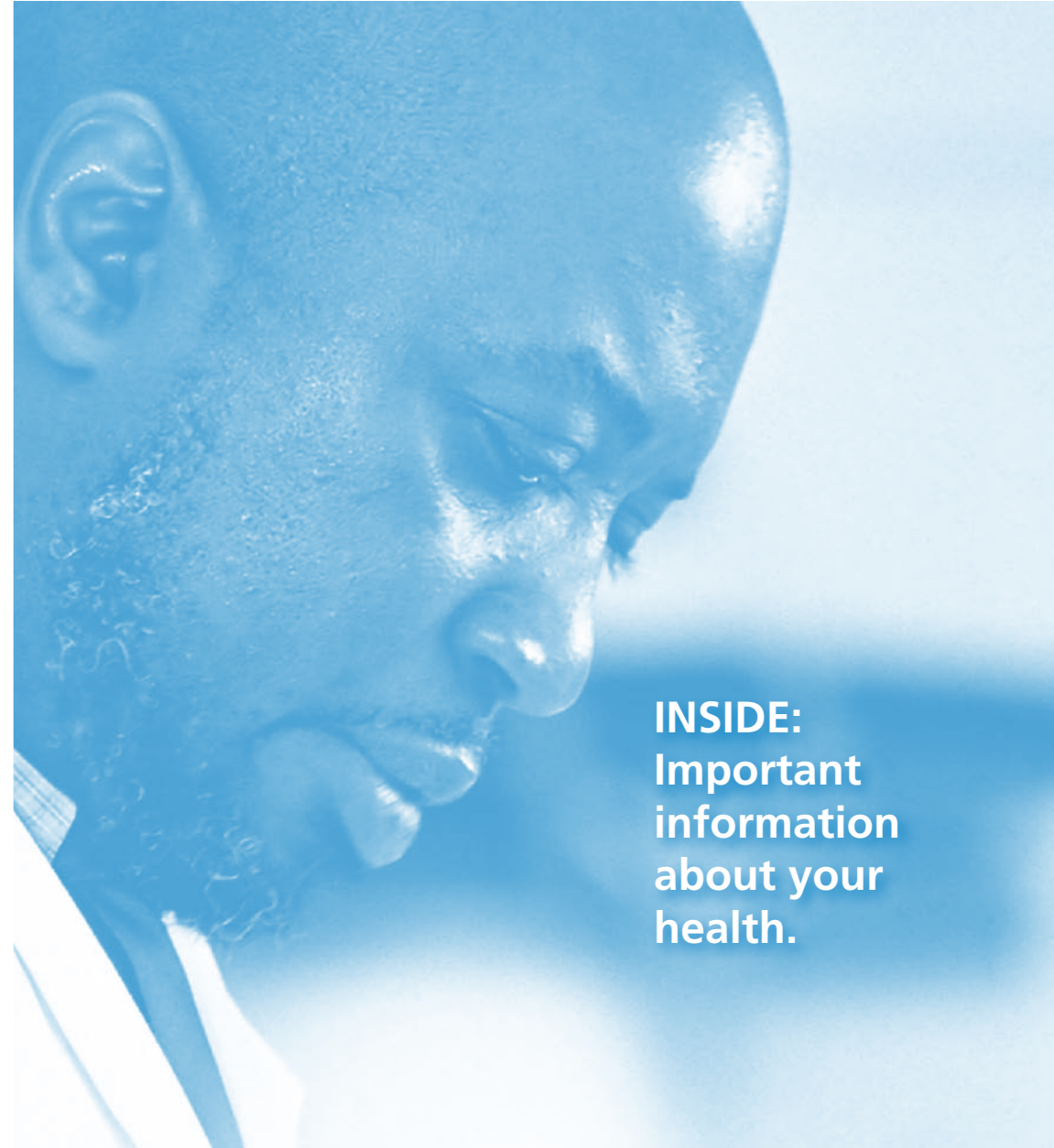


When was your last check up?

IMPORTANT INFORMATION

You may be due for a check-up

Participant Name
Address 1
Address 2
City, State , Zip



INSIDE:
Important information about your health.