

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

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

Are you pregnant?

If you are pregnant you may be eligible for additional medical benefits. Call your Medical Home for more information.

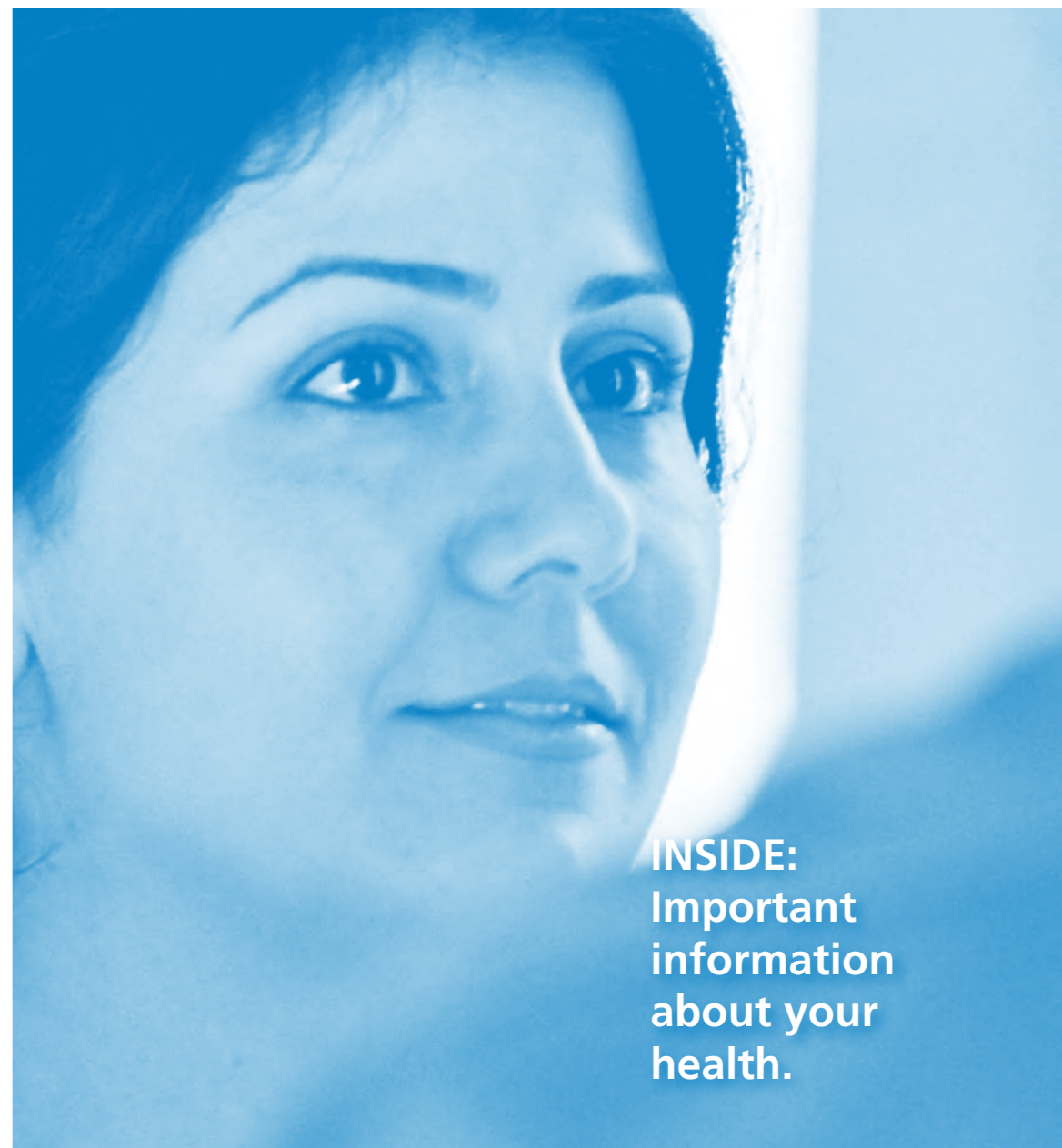


IMPORTANT INFORMATION

You may be due for a check-up

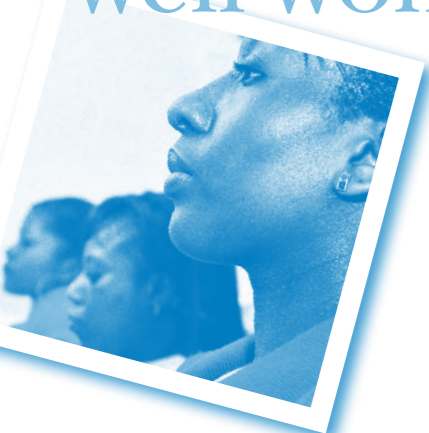
Participant Name
Address 1
Address 2
City, State , Zip

When was your last check up?



INSIDE:
Important information about your health.

Keep yourself and loved ones safe with a well-woman check-up



My name is Regina I just turned 45. Last year at my annual check-up, my doctor told me I should get a mammogram. I didn't want one. No one in my family has had breast cancer and I check my breasts for lumps when I shower. I decided to have it done and she found a small tumor. I didn't even know it was there. Early detection was key for me. Since the lump was found early, the doctors were able to remove it

and I was able to keep my breast. Thankfully, there has been no reoccurrence. Now I tell every woman I meet that breast cancer does not care about age or color. The only protection is early detection.

My name is Maria Not too long ago my doctor tested me for sexually transmitted infections and cervical cancer. She caught my cancer early and I was able to get treated. I didn't think I could get cancer, but I did.

Did you know... Each year 40,000 women are found to have early cervical cancer

My risk for cancer increased as soon as I became sexually active and yours will too. Make an

appointment with your doctor as soon as you start having sex.

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Seeing your doctor can lead to a lifetime of good health. Be sure to talk to your doctor about these important health items:

Pap Smears: Detect cervical cancer early with regular pap smears. Ask your doctor if you need this test.

Breast Exams: Be an active part of your health care with monthly self exams and talking to your doctor about mammograms.

Family Planning: Find out more about contraception (preventing pregnancy), emergency contraception or planning to have a baby.

Sexually Transmitted Infections (STIs): Get checked regularly and learn how to prevent STIs such as chlamydia, gonorrhea, human immunodeficiency virus (HIV) and human papillomavirus (HPV).

Eat Healthy

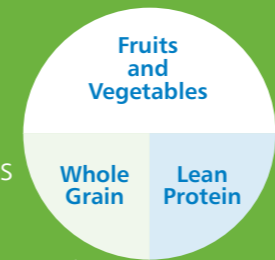
- **Read** food labels to select food lower in sodium (salt) and fat
- **Limit** high sodium foods such as fast food and packaged foods
- **Eat** more vegetables and fruits
- **Limit** gravies, sauces, butter and margarine
- **Eat** fat free and low-fat dairy products (two or three servings per day)
- **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.

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						
Pap Smear	Within 3 years of becoming sexually active but no later than age 21 and every 1-3 years thereafter					As recommended by your doctor	
Mammography			Every 1-2 years	Yearly	Every 1-2 year or as recommended by your doctor		
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						
Measle, Mumps and Rubella	As recommended by your doctor						
Monthly self exams to detect early signs of cancer Report any unusual findings to your health care provider							
Skin	Look for any changes in moles or freckles						
Mouth	Look for any sores						
Instructions for Breast Self-Examination	At first appointment, learn how to do the exams every month						

Sources: U.S. Preventive Services Task Force, Immunizations: Centers for Disease Control and Prevention, TB Screening: SF Department of Public Health