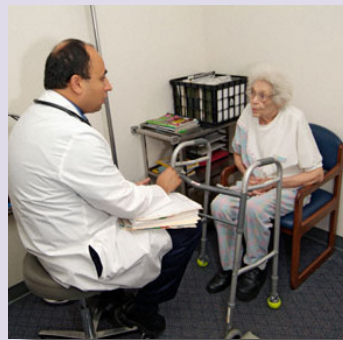


Understanding your risk of developing health problems is a first step toward good health. Getting high-quality preventive care is also an important part of staying healthy. Regular physical exams and routine health screening tests are an important part of preventive health care. They can help ensure that common, serious health concerns and conditions like diabetes, cancer, or heart disease are detected – and treated. During checkups, your health care providers can also suggest ways to make lifestyle changes. These changes may help you to become healthier and prevent future problems.

What is Routine Health Screening?

Routine health screenings are done to assess your general health and to look for signs of health problems. Your primary medical provider (*the medical professional you usually go to first when you are sick or need advice about your health*) should ensure you are up to date with routine vaccinations and screening exams. These screenings can include:

- Check-ups and tests such as checking weight, blood pressure, cholesterol levels, and looking for signs of cancer and heart disease
- Immunizations (also called vaccines or shots) such as those for flu and pneumonia
- Assessment of health risks and healthy lifestyle counseling about:
 - the importance of regular exercise
 - diet and eating habits
 - smoking
 - drug use
 - heavy alcohol use
 - birth control
 - sexually transmitted diseases



Each individual needs to make choices about what is best for his/her own health.

This brochure provides steps to good health, including standard screening tests used to look for signs of a particular disease. The information provided is not intended to be a tool for self-diagnosis or as a substitute for your doctor's advice.

Talk to your primary medical provider and your Community Health Partnership or Community Family Care Team about which screenings and recommendations are right for you and...how to make routine health care and screening a regular part of your life.

**If you have special needs,
this document may be available in other formats.
Interpreter and translation services
are available free of charge.**



2240 EastRidge Center
Eau Claire, WI 54701
Voice: 715-838-2900
Toll Free: 800-842-1814
TTY: 7-1-1 (Toll Free)

Branch Offices

Chippewa Falls • Menomonie • River Falls

www.communityhealthpartnership.com

Community Health Partnership, a program of Partnership Health Plan, Inc., and Community Family Care are programs associated with Community Health Partnership, Inc.

Routine Health Maintenance



**Guidelines for health screenings and exams
& basic health care recommendations**



ROUTINE HEALTH SCREENING & EXAMS

SCREENINGS & EXAMS	FREQUENCY
Audiology/Hearing Test	As needed
Blood Pressure Screening	Check annually with each medical history review and physical if blood pressure is less than 120/80. Check more frequently if higher.
Breast Disease	Monthly self-breast exams. Annual mammogram and clinical breast exam for all females - ages 40 through 69 or younger if high risk; after age 70 or older - exams & screenings at provider/patient discretion
Colon Cancer	Fecal Occult Blood Testing: Annually Sigmoidoscopy or Colonoscopy: Every 10 years unless at high risk, starting at age 50 until age 75
Cervical Cancer	Regular pelvic exams with PAP tests every one to three years for women who are sexually active to age 65 or older if history of cervical cancer
Dental Exam	Annually (or as needed if full dentures)
HIV/STI Risk Assessment	Annually. All adults at increased risk and pregnant women are screened for HIV/STI at enrollment.
Mental Health	Discuss mood and memory concerns with your CHP Interdisciplinary Care Team and primary medical provider.
Obesity/Weight	Check weight annually if Body Mass Index (BMI) is within normal range (<i>more frequently if participating in a weight loss management program</i>). Talk with your CHP Interdisciplinary Care Team and your primary medical provider about maintaining a healthy weight.
Osteoporosis Screening	DEXA scan for post-menopausal women age 65 and older and for men age 70 and older or; younger if at high risk
Prostate Cancer	At age 50, discuss with primary medical provider regarding pros and cons of testing.
Vision/Glaucoma Screening	Every two to four years until age 65, then every one to two years; annually if at high risk (diabetes)

BASIC HEALTH CARE RECOMMENDATIONS

IMMUNIZATIONS	FREQUENCY
Hepatitis B	Three shots for persons at risk
Influenza (Flu Shot)	Annually
Measles, Mumps, Rubella (MMR)	Ask your primary medical provider.
Pneumococcal (Pneumonia Vaccine)	Age 19-64 if high risk: may repeat once if five years from first dose Age 65 or older: one dose if never vaccinated
Tetanus, Diphtheria, Pertussis (Whooping Cough)	Tetanus, Diphtheria (Td) Pertussis (Tdap) Td - Every 10 years; substitute one time Tdap for Td
Varicella (Chickenpox)	Non-immune adults: two doses 4 - 8 weeks apart; or second dose if only ever received one dose
Zoster (Shingles)	Single dose at age 60 or older, regardless of previous shingles episode

LABORATORY SCREENINGS	FREQUENCY
Diabetes	Fasting blood sugar (FBS) or A1C every three years starting at age 45; more frequent if at high risk
Lipids/Cholesterol	A fasting cholesterol every five years for men age 35 and older and women age 45 and older without risk factors or men and women age 20 and older if risk factors are indicated

Included in this brochure are guidelines for routine health screenings and exams as well as basic health care recommendations obtained from national health groups and government agencies. This information is not intended to be a tool for self-diagnosis or a substitute for care by a health care professional.



HEALTH PROMOTION	FREQUENCY
Advance Directives	An important part of health care planning is to be sure your loved ones know your wishes for your end-of-life care. Review your advance directives at least once a year.
Alcohol/Other Drugs	Discuss with your Interdisciplinary Care Team and/or your primary medical provider...we can help.
Calcium/Vitamin D	Dietary intake and supplements to equal 1000 mg of Calcium and; Vitamin D 400 - 800 IU for adults less than age 50; and 800 - 1,000 IU for adults older than age 50
Exercise	Minimum of 30 minutes five times per week or as recommended by your primary medical provider
Family History Update	Each year you should review your family medical history with your CHP Interdisciplinary Team and your primary medical provider.
Medications/Allergies	Review your medications and any allergies with your primary medical provider at every visit.
Seat Belt Use	All automobile occupants should wear their seat belts.
Smoking	Ask your CHP Interdisciplinary Care Team for help to quit smoking today!
Vitamins & Herbal Supplements	You should have an open discussion regarding any vitamin and herbal supplement use with your CHP Interdisciplinary Team and your primary medical provider.

Sources: U.S. Preventive Services Task Force (USPSTF), Centers for Disease Control (CDC), Centers for Medicare and Medicaid (CMS), Massachusetts Health Quality Partners, (MHQP)