

Be Well, Stay Well

The importance of prevention

Prevention and proper screenings are important to your health and can help you treat potential health problems before they develop or worsen. It's important to have a primary care physician that you can see for regular check-ups or when you get sick. You should have regular check-ups about once every two years or as your doctor advises.

How often should you have preventive screenings?

While many preventive tests should be done regularly, **you should discuss your screening schedule with your doctor.** The tests and the frequency you need them will depend on your age, health status and family history.



Blood pressure - Get tested at least every 2 years. If your blood pressure is above 120/80, you may need to get tested more often.

Cholesterol - Discuss with your doctor how often you should have your cholesterol tested. You may need to be tested more frequently if your total cholesterol is above 200 mg/dL or if you are at increased risk for heart disease.

Colorectal cancer screening - Starting at age 50, you should get screened for colorectal cancer. Talk to your doctor about how often you should be tested and which method, such as a colonoscopy, is best for you.

Diabetes - Starting at age 45, get tested every 3 years. Before age 45, discuss with your physician how often you should be tested. If you have symptoms of diabetes, see a doctor right away.

Oral health - Brush your teeth twice a day and replace your toothbrush every three or four months. Visit your dentist regularly for cleanings and check-ups.

Eye health - Get an eye exam every one to two years, or as recommended. If you wear glasses or contacts, you may need to have more frequent check-ups. Regular eye exams are important if you have diabetes, as you are at greater risk for eye complications.

Adults need vaccines, too!

Vaccines aren't just for children. They are important for adults to stay healthy. Get a **flu shot** every year in the fall to prevent influenza. Every 10 years, get a booster of the **tetanus, diphtheria, pertussis vaccine**. At age 60, get a single dose of the **shingles vaccine**. Your doctor may have other recommendations for vaccines for you.

Sources: Centers for Disease Control and Prevention, US Department of Health and Human Services, American Cancer Society, American Optometric Association

Resources for your health

If you have a chronic condition, there are other tests that are important for your health. Fortunately, you don't have to keep track of them alone. You can participate in the confidential **Disease Management** program and speak to a dedicated Nurse Coach. Your coach will work with you over the phone to help you remember the screenings you need, understand your test results and manage your condition.

You are eligible for Disease Management if you have been diagnosed with asthma, chronic obstructive pulmonary disease, chronic pain, coronary artery disease, congestive heart failure, diabetes, high blood pressure or high cholesterol.

Call American Health at 1-866-244-8977 to enroll or learn more about the program