

MY PREVENTIVE CARE CHECKLIST

This checklist includes some of the most important health screenings for people age 65 and older. If you're under 65, please ask your doctor when you should have them done.

EXAMS AND SCREENINGS

| TYPE OF CARE | RECOMMENDED FREQUENCY | WHEN/WHERE COMPLETED |
|---|--|----------------------|
| Annual physical exam or wellness visit | Every year with your doctor. | |
| Bone density test | Once after age 65, or as recommended by your doctor, AND within six months of breaking a bone. | |
| Breast cancer screening | Mammogram every two years for women age 55 to 74 with average risk; as recommended by doctor if age 75 or older. | |
| Colorectal cancer screening | Every year with a stool test, OR every three years with a DNA stool test, OR every 10 years with a colonoscopy. | |
| Medication review with a doctor or pharmacist | Every year with your doctor. | |

IMMUNIZATIONS

| TYPE OF VACCINE | RECOMMENDED FREQUENCY | WHEN/WHERE COMPLETED |
|--|---|----------------------|
| COVID-19 for protection against COVID-19 and its variants | Depending on the vaccine maker, you will need either one shot (J&J/Janssen) or two shots (Moderna or Pfizer) to be fully vaccinated. | |
| COVID-19 Booster Shot for added protection against COVID-19 and its variants | Any of the COVID-19 vaccines authorized in the U.S. can be used for the booster shot, regardless of which shot you had originally. –If you had the Pfizer or Moderna vaccines: Have a booster at least five months after completing your vaccination series. –If you had the J&J vaccine: Have a booster at least two months after receiving your shot. | |
| Influenza for protection from seasonal flu | One shot every season. | |
| Pneumococcal for protection against pneumonia | Two vaccines available after age 65; talk to your doctor about options and timing. | |
| Herpes Zoster for protection against shingles | There are two types of this vaccine; ask your doctor which is best for you. | |
| Tdap or Td for protection against tetanus, diphtheria and pertussis (whooping cough) | One booster shot every 10 years if you've already had a Tdap shot when you were younger. <i>If you never had a Tdap shot, you'll need to get one first.</i> | |

Note: This information was current as of Jan. 2022. Please follow any updated guidelines on booster shots.

DISCUSSIONS WITH YOUR DOCTOR

| TOPIC | WHEN TO DISCUSS | ASK ABOUT |
|-------------------|--|---|
| Fall prevention | If you're unsteady on your feet, dizzy or have had a fall. | Exercises, home safety, medications and walking aids. |
| Mental health | If you're feeling down, depressed or anxious. | Referrals to mental health specialists, support groups and other things you can do to feel better, like exercise. |
| Pain management | If pain is interfering in your life or you have a new pain. | A pain screening to find the cause of your pain and ways to manage it. |
| Leaky bladder | If you've accidentally leaked urine in the past six months. | Products, tips or exercises to help; a medication review to see if any drugs you take are causing this issue. |
| Weight management | If you need help losing weight or have lost weight without trying. | What you can do to get to or stay at a healthy weight. |

Tools to Help You Manage Your Care

Health Check Record: An interactive record of your care for 2022 based on your records. Find it in your SCAN member account—sign up here: scanhealthplan.com/register.

Abridge: Use this app to record conversations with your doctor so you can refer to them later. Learn more at scanhealthplan.com/extras.

Note: If you have a chronic condition, like diabetes, ask your doctor if there are additional screenings you need.

Where to Go When You Need Care

This chart can help you know where to go when you need healthcare. Fill in information in the blank spaces. Then, keep the chart handy for when you need to look at it.

If you're experiencing a medical emergency and cannot get to a hospital, call 911 immediately!

| | DOCTOR'S OFFICE | URGENT CARE CENTER | EMERGENCY ROOM |
|---|---|--|---|
| Type of Care Needed | See your primary care doctor for non-emergency, non-urgent care for things like: <ul style="list-style-type: none"> –Routine follow-up care –Chronic condition management –Preventive care –Anything that can wait for a scheduled appointment | Urgent care centers are for when it's not an emergency, but you can't get in to see your regular doctor quickly. Some examples are: <ul style="list-style-type: none"> –Urinary tract infections –Flu symptoms –Cuts and minor burns –Earaches –Skin conditions –Sprains or joint pain | Go to the emergency room when you have a medical condition that cannot wait, such as: <ul style="list-style-type: none"> –Chest pain or stroke symptoms –A broken bone –Head injuries –Seizures –Severe abdominal pain –Difficulty breathing –Sudden, severe pain; paralysis or weakness –Uncontrolled bleeding |
| Contact Info and Hours | My doctor's office phone number: Office hours: | Closest urgent care center that works with my doctor: Hours: | Closest hospital emergency room: Hours: Open 24 hours, 7 days a week. |
| What to Know Before You Go <i>Remember to bring your SCAN member ID card with you wherever you seek care. Copays may vary depending on which service you use.</i> | Call your doctor to schedule an appointment and describe your symptoms. Make a list of your questions for your doctor and a list of the medications you are taking. If needed, bring a friend or family member with you. Follow all care directions your doctor gives you. | Call your doctor first to describe your symptoms. He or she may be able to see you that day or will let you know if urgent care is the right option. If you're not able to drive, ask someone else to take you. If you receive urgent care from someone other than your doctor, update your doctor's office on your condition, any new prescriptions ordered or instructions you received. | Call 911 or have someone drive you to the closest emergency room right away. You or someone on your behalf should: <ul style="list-style-type: none"> –Call to let your emergency contact know what is happening. –Call to let your doctor's office know what's happened and to find out whether follow-up care is needed. |



ANOTHER OPTION FOR URGENT CARE: TELEHEALTH



A Telehealth visit is a convenient way to see a doctor for the kind of non-emergency care you would get at an urgent care center—but without leaving home. To use your Telehealth benefit, call MDLive to schedule an appointment or to speak with a board-certified doctor as soon as possible. MDLive is available 24/7 at no cost to you. Find out more at scanhealthplan.com/telehealth.

MDLIVE[®]

1-888-993-4087 (TTY: 1-800-770-5531)

