

Where do I get Screenings?

- ✓ Most Health Maintenance Organizations (HMOs) cover screenings.
- ✓ One-time "Welcome to Medicare" Physical Exam. If your Medicare Part B coverage begins on or after January 1, 2005, Medicare will cover a one-time preventive physical exam within the first six months that you have Part B. The exam will include a thorough review of your health, education and counseling about the preventive services you need, like certain screenings and shots, and referrals for other care.
- ✓ The Alabama Breast and Cervical Cancer Early Detection Program provides breast and cervical cancer screenings for women who meet eligibility guidelines. For information about free screenings, call 1-877-252-3324.
- ✓ The Medical Society of Mobile County can also provide information about health screenings, call (251) 476-9494 or visit www.msomc.com.
- ✓ Check community calendars for free or low-cost health screenings at schools, hospitals, community centers, etc.

Give Yourself the Gift of Good Health!

Since many of these health checks are annual, a good way to remember to see your doctor regularly is to schedule your annual visit near your birthday!

More about Medical Exams & Tests

BMI - body mass index is a measure of body fat based on height and weight.

Blood pressure (BP) test - measures blood pressure using a blood pressure cuff. High BP may not have any symptoms, but can lead to a heart attack, stroke or both.

Breast self exam (BSE) - checking your breasts for lumps, usually at the same time each month.

Clinical breast exam (CBE) - an exam of the breast done by a doctor to check for lumps or other changes.

Chlamydia test - testing of a sample of body fluid or urine to determine whether Chlamydia bacteria are present and may be the cause of an infection.

Cholesterol blood test - checks the level of fat in your blood.

Colon and rectal cancer tests - there are a number of effective tests, used separately or together, for colon-rectal cancer screening. Recommendations may include a colonoscopy every 10 years.

Depression screening - talk to your doctor about changes in daily living, sleeping or eating habits and whether you feel sad.

Diabetes test - a blood sample is taken from a finger prick to check blood sugar.

Digital Rectal Exam (DRE) - A finger rectal exam done to check for problems with organs or other structures in the pelvis and lower abdomen.

Mammogram - an x-ray of the breast that can find tumors so small that your doctor cannot feel them.

Osteoporosis screening - a scan of your bones to see if they are prone to breaking.

Pap test or smear - a test done during a pelvic exam that can find cancer of the cervix or vagina.

Prostate cancer screening - talk with your doctor about what is right for you. Annual screening may include a digital rectal exam (DRE) and/or prostate specific antigen (PSA) blood test.

Skin cancer exam - a visual check of your skin by a doctor to look for problem areas.

www.arhq.gov (DHHS; Pocket Guide to Clinical Preventive Services, 05)

Does your child need healthcare coverage?

Many Alabama children, under age 19, may be eligible for low-cost or free healthcare coverage through

ALL Kids

Benefits include:

- well and sick child doctor visits
- vision and dental care
- prescriptions
- mental health and substance abuse services
- 24-hour NurseLine
- hospitalization and more

Call ALL Kids toll-free at
1-888-373-KIDS (5437)

for information or for an application.
Apply online at www.adph.org/allkids.

The application for ALL Kids is a joint application with Medicaid and the Alabama Child Caring Program. Applications not eligible for ALL Kids, but that appear to be eligible for one of the other programs, are forwarded to that program for review.

Families that live outside Alabama call toll-free 1-877-KIDS-NOW for programs in your state!

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Alabama
covering kids
& families



What You Need & When

A Guide of Life-Saving Medical Exams & Tests

A project of
Mobile United
Health Services Task Force

Your health is in
your hands...

Take Charge!

Every day, the lifestyle choices you make can play an important role in the quality of your life. Your daily routine should include practicing healthy habits, learning about your body and knowing your body's warning signs.

Did you know that 70% of illnesses can be prevented? That is why it is important that you get the right check-ups, tests, and shots at the right time! Screening tests can find problems early, at a stage when treatment may cure or control the disease.

So, what can you do to stay healthy and prevent disease?

Take charge...and take the tests that can save your life!

And...ask questions! If you don't understand what your doctors or nurses say, ask them to explain.

These guidelines apply to individuals without symptoms.

Visit the Mobile County Health
Department's website:
www.mobilecountyhealth.org
for more information or for a
PDF format of this brochure.

Health Checks for CHILDREN & TEENS

- Medical Check-up**
Children should have a medical check-up regularly.
Check-up schedule*
First yearEvery 1-2 months
Ages 1-33 times each year
Ages 3-62 times each year
Ages 6-18Once a year
**These are general guidelines. Ask your doctor how often your child should have check-ups.*
- Immunizations**
Check with your doctor to make sure your children are up-to-date on their shots.
- Dental**
Children should see a dentist at least once a year.

Ask your doctor about screenings for:

- Child being under or overweight
- Diabetes
- Hearing
- Vision
- Depression

Talk to your child's doctor about important teen health issues such as alcohol, drugs and relationships.

Health Checks for WOMEN

Beginning at age 18:

- Blood pressure check every 2 years
- Pap smear every 1 to 3 years if you have been sexually active or are older than 21 (also ask about sexually transmitted diseases)
- Clinical breast exam (CBE) should be part of your regular health exam
- Breast self exam monthly
- Immunizations: tetanus-diphtheria shot every 10 years; ask about shots for hepatitis B, pneumococcal, meningococcal and varicella
- BMI: talk with your doctor about your target weight; check body mass index yearly

AGE 35-39:

- Baseline mammogram

AGE 40:

- Mammogram every 1 to 2 years

AGE 45:

- Cholesterol check, begin at earlier age if at risk

AGE 50:

- Colon and rectal cancer tests
- Flu shot yearly

AGE 65:

- Osteoporosis screening, begin at earlier age if at risk
- Pneumonia shot once at age 65

Ask your doctor about other screenings for:

- Diabetes
- Depression
- Oral health
- Skin cancer (check for new moles or changes)
- Hearing
- Vision
- Chlamydia

Health Checks for MEN

Beginning at age 18:

- Blood pressure check every 2 years
- Sexually transmitted diseases (STD) if sexually active, ask about tests for STDs, such as HIV
- Immunizations: tetanus-diphtheria shot every 10 years; ask about shots for hepatitis B, MMR, pneumococcal, meningococcal and varicella
- BMI: talk with your doctor about your target weight; check body mass index yearly

AGE 35:

- Cholesterol check every 5 years, begin at earlier age if at risk, then more often with age

AGE 50:

- Prostate cancer screening – talk with your doctor about which test is right for you (tests may begin at age 40 if at risk)
- Colon and rectal cancer tests
- Flu shot yearly

AGE 65:

- Pneumonia shot once at age 65

Ask your doctor about other screenings for:

- Diabetes
- Depression
- Oral health
- Skin cancer (check for new moles or changes)
- Hearing
- Vision