

# Take an active role in your health



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Small steps can make a big difference in helping to keep you healthy and well now, and in the years to come. To help lower your health risks and improve the quality of care, become an active member of your healthcare team. Talk with your doctor to make sure you're up-to-date with recommended immunizations, health tests and check-ups.

## Get recommended preventive care

Preventive health services are designed to protect you from possible health risks. They include:

- Tests and screenings to check for infections or diseases
- Immunizations against serious infections or vaccine-preventable diseases
- Recommended health exams, such as Well-Baby and annual Well-Woman visits
- Help with things like quitting smoking, treating depression, or eating healthier

**Examples of preventive services include** [source: www.cdc.gov/aca/marketplace/clinical-preventive-services.html](http://www.cdc.gov/aca/marketplace/clinical-preventive-services.html)

### Tests

- Blood Pressure
- Diabetes
- Cholesterol

### Cancer Screening

- Mammograms
- Colonoscopies

### Intervention

- Quit Smoking
- Lose Weight
- Eat Healthy
- Identify Depression
- Reduce Alcohol Use
- Avoid Sexually Transmitted Diseases

### STD Screenings for Sexually Transmitted Infections

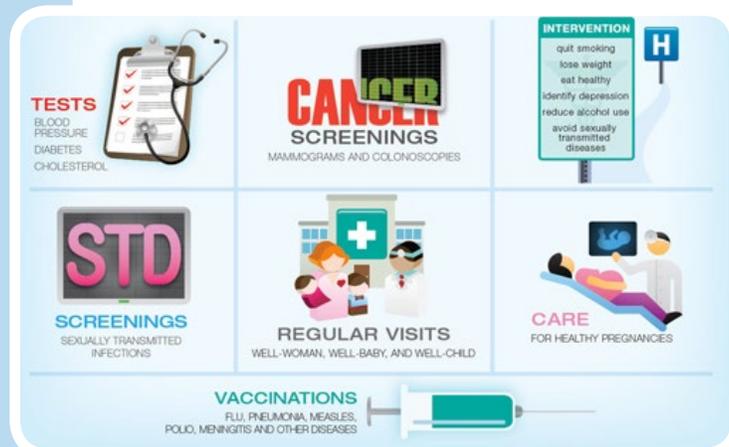
### Regular Visits

- Well-Woman
- Well-Baby
- Well-Child

### Care for Healthy Pregnancies

### Vaccinations

- Flu
- Pneumonia
- Measles
- Polio
- Meningitis
- And other Diseases



Source: [www.cdc.gov/aca/marketplace/clinical-preventive-services.html](http://www.cdc.gov/aca/marketplace/clinical-preventive-services.html)

## Get helpful facts about preventive services recommendations:

- Easy-to-read immunization schedules for children from birth to age 6 in [English](#) and [Spanish](#) from the Centers for Disease Control and Prevention (CDC)
- Vaccines for children ages 7 to 18 in [English](#) and [Spanish](#) from the CDC
- Vaccines for [adults 19 and older](#) from the CDC
- [The U.S. Preventive Services Task Force's detailed screening, immunization and counseling recommendations](#)

# Get the most out of your doctor visits

You often have less than 15 to 20 minutes of one-on-one time with your doctor when you go in for your annual check-up. Remember, it's your health, and it's **your** responsibility as a patient to be proactive. To make the most of your visit:

## Be prepared.

Before your appointment, make notes to help you remember things you'd like to talk over with your doctor. Be sure to include any particular concerns you think are worth mentioning. Examples could include physical or mental changes you've noticed, any symptoms you're having, or questions about medications.

## Be honest.

Keeping the lines of communication open helps your doctor ask you the right questions—and get a more accurate picture of your health risks. Important topics to discuss include:

- Your family health history
- Your normal diet
- Exercise—or lack of it
- Any alcohol, tobacco and recreational drug use
- All prescribed or over-the-counter medicines, plus food supplements, you take

## Ask questions.

This is your chance to ask questions, too. Take a notebook to write down important information so you can remember it later. Sometimes it helps to have a family member or friend go with you.

## Share your health goals.

The most important goal is to partner with your doctor to maximize your health. For example, are you trying to lose weight? Thinking about quitting smoking? Your doctor can give you helpful information and resources to help you meet these healthy goals.



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