

# Guide To Preventive Services



**A comprehensive guide by the Health Insurance Resource Center with important information about:**

- ❖ Which preventive services Health Insurance covers?
- ❖ Who can get services?
- ❖ What you pay – we have good news! you pay nothing for many services.



**N**ow's the time to get the most out of your Health Insurance. The best way to stay healthy is to live a healthy lifestyle. You can live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking.

Health Insurance can help. Health Insurance pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

Whether it's online, in person, or on the phone, Health Insurance is committed to helping people get the information they need to make smart choices about their Health benefits.

## **Resocen.com**

Register at Resocen.com to get direct access to your preventive health information- 24 hours a day, every day. You can track your preventive services and learn when you should take action for each preventive exam.

## **How can this booklet help me?**

This booklet covers Preventive services for anyone under the age of 65 with Health Insurance benefits. The Alphabetical list on the following pages gives information about the preventive service, risk factors, symptoms, lowering your risks and cost of the service. Depending on your Health plan your costs may differ. Contact your plan or benefits administrator directly to find out about costs.

"Your Guide to Preventive Services" isn't a legal document. Official Health Insurance Program legal guidance is contained in the relevant statutes, regulations, and rulings.

The information in this booklet describes the Health Insurance Program at the time this booklet was written. Changes may occur after distribution. Visit Resocen.com or call 1-888-601-6334 to get the most current information.

## SECTION

# 1

# Introduction

### **Talk to your doctor or health care provider!**

Talk to your doctor or health care provider to find out which preventive services are right for you and how often you need them. Your doctor or health care provider may do exams or tests that your Health Insurance doesn't cover. Your doctor or health care provider also may recommend that you have tests more or less often than your Health Insurance covers them. Your Health Insurance pays for some diagnostic tests. Your doctor or health care provider may recommend a diagnostic test when a screening test or exam shows an abnormality. In some cases, you may have to pay for these services.

If a service you get isn't covered and you think that it should be, you may appeal this decision. To file an appeal, follow the instruction on [Healthcare.gov](http://Healthcare.gov). For more information on filing an appeal, visit <https://www.healthcare.gov/marketplace-appeals> or call 1-800-318-2596. TTY user can call 1-855-889-4325.

### **Things to know when reading this booklet**

#### **Symbols**

You'll see one of these symbols next to each preventive service. It tells you for whom Health Insurance covers the service or test.



**Men Only**



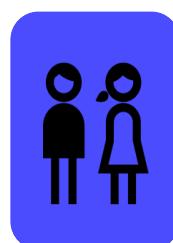
**Men & Women**



**Women Only**



**Pregnant Women only**



**Adolescents Only**



**Children Only**



**Newborn Only**

## SECTION

# 2

# Preventive Services

The alphabetical list on the following pages gives information about Health Insurance preventive services.



## Abdominal Aortic Aneurysm Screening

### Who's covered?

If you're a man aged 65 to 75 and have ever smoked, ask your doctor about getting screened (tested) for Abdominal Aortic Aneurysm (AAA).

### What is AAA?

The aorta is your body's main artery. An artery is a blood vessel (or tube) that carries blood from your heart. The aorta carries blood from your heart to your abdomen, pelvis, and legs.

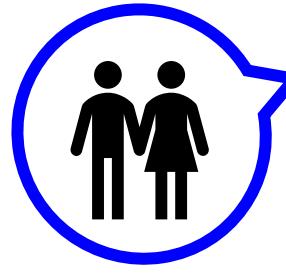
If the wall of your aorta is weak, it can swell up like a balloon. This balloon-like swelling is called an aneurysm ("AN-yoor-izm"). AAA is an aneurysm that happens in the part of the aorta running through the abdomen.

### Am I at risk?

Men over age 65 who have smoked at any point in their lives have the highest risk of AAA. Both men and women can have AAA, but it's more common in men.

Risk factors for AAA include:

- ❖ Family history – for example, if a parent or sibling had AAA
- ❖ Smoking
- ❖ Older age
- ❖ High blood pressure
- ❖ High cholesterol
- ❖ Heart disease or vascular disease (problems with blood vessels)



## Alcohol Misuse Screening & Counseling

### Overview

If you don't drink alcohol, there's no reason to start. If you choose to drink, it's important to have only a moderate (limited) amount. And some people should not drink at all, like women who are pregnant or trying to get pregnant and people with certain health conditions. Alcohol misuse screening and counseling may help identify, manage, and treat alcohol misuse.

### What is alcohol use disorder?

If drinking causes serious problems in your life, you may have alcohol misuse disorder. Alcoholism is a type of alcohol disorder.

Drinking may be a problem if any of these things is true:

- ❖ Drinking causes trouble with your relationships, school, or work.
- ❖ You can't control how much you drink.
- ❖ You feel anxious, irritable, or stressed when you aren't drinking.

### How can I tell if I'm at risk for a drinking problem?

Drinking more than a moderate amount of alcohol can put you at risk for personal health problems.

### What is a moderate amount of alcohol?

A moderate amount of alcohol means:

- ❖ Up to 1 drink in a day for women
- ❖ Up to 2 drinks in a day for men

Different types of beer, wine, and liquor have different amounts of alcohol. In general, 1 drink is equal to a:

- ❖ Bottle of regular beer (12 ounces)
- ❖ Glass of wine (5 ounces)
- ❖ Shot of liquor or spirits, like gin, rum, or vodka (1.5 ounces)

### What are the risks of drinking too much?

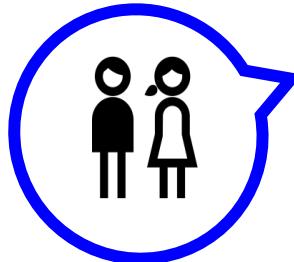
Drinking too much increases your risk for many health problems, including:

- ❖ Liver disease
- ❖ Heart disease
- ❖ Depression
- ❖ Stroke
- ❖ Stomach bleeding
- ❖ Some types of cancer

## Alcohol Misuse Screening & Counseling (continued)

Drinking too much can also put you at risk for:

- ❖ Alcohol use disorder
- ❖ Injuries and violence
- ❖ Unintended pregnancy or STDs (sexually transmitted diseases)



## Alcohol, Tobacco, & Drug Use Assessments

### Overview

Talk to your child about the dangers of tobacco, alcohol, and drugs. Knowing the facts will help your child make healthy choices. Pediatricians play an important role in educating adolescents on substance abuse. A pediatrician has a guide that can help them screen, intervene and refer for treatment when they have a patient, they suspect has a alcohol, tobacco, or other drug use problem.

### What should you say to your child?

When you talk about tobacco, alcohol, and drugs:

- ❖ Find out what your child already knows.
- ❖ Teach your child the facts.
- ❖ Give your child clear rules.
- ❖ Be prepared to answer your child's questions.
- ❖ Talk with your child about how to say "no."

### When should you start talking to your child?

Start early. By preschool, most children have seen adults smoking cigarettes or drinking alcohol, either in real life, on tv, or online.

Make sure your child knows right from the start that you think it's important to stay safe and avoid drugs.

Here are more reasons to start the conversation early:

- ❖ Almost 9 out of 10 smokers start smoking before they turn 18.
- ❖ By the time they are in 8<sup>th</sup> grade, most children think that using alcohol is okay.
- ❖ At age 12 or 13, some kids are already using drugs like marijuana or prescription pain relievers.

### Get help if you need it.

If you think your child may have a drug or alcohol problem, get help. Don't wait. Getting treatment early can make a difference.

## Alcohol, Tobacco, & Drug Use Assessments (continued)

### What about cost?

Drug and alcohol assessments for teens are covered under the Affordable Care Act, the health care reform law passed in 2010. Depending on your insurance plan, your child may be able to get an assessment at no cost to you.

Check with your insurance provider to find out what's included in your plan. For information about other services for children that are covered by the Affordable Care Act, visit Resocen.com.



### Anemia Screening

#### Overview

Healthcare during pregnancy is called prenatal care. You can have a healthier baby if you get prenatal care. You can lower the risk of your baby being born too early and lessen the risk of health problems for your baby with prenatal care.

During prenatal care visits, your doctor or midwife will screen for iron deficiency anemia in asymptomatic women.

#### What are the types of Anemia during pregnancy?

There are several types of anemia that can develop during pregnancy. Some of these are:

- ❖ Iron-deficiency anemia
- ❖ Folate-deficiency anemia
- ❖ Vitamin B12 Deficiency

#### What causes these different types of anemia?

**Iron-deficiency anemia.** When the body doesn't have enough iron to produce the proper amounts of hemoglobin this is called Iron-deficiency anemia. Hemoglobin is a protein in red blood cells that carries oxygen from the lungs to the rest of the body.

**Folate-deficiency anemia.** You can find Folate naturally in foods like green leafy vegetables. Your body needs folate to produce new healthy red cells. During pregnancy women need extra folate but don't always get it through their daily diet. Lack of folate can lead to certain types of birth defects, such as spina bifida and low birth weight.

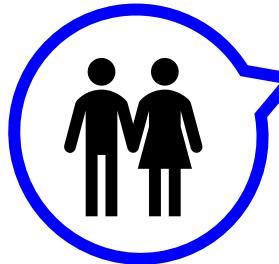
**Vitamin B12 deficiency.** You need Vitamin B12 to form healthy red blood cells in your body. During pregnancy, a woman doesn't get enough Vitamin B12 from their diet, therefore their body does not produce enough healthy red cells.

## Anemia Screening (continued)

If you don't eat meat, poultry, dairy products, or eggs you have a greater risk of having Vitamin B12 deficiency. Vitamin B12 deficiency may cause preterm labor or neural tube defects.

### **What are the costs?**

Under the Affordable Care Act, Insurance plans must cover routine prenatal tests. Depending on your insurance, you may be able to get these tests at no cost to you. Talk to your insurance company to find out more.



## Aspirin Use

### **Overview**

Taking low-dose aspirin (or "baby aspirin") on a regular basis can help lower your risk of a heart attack, stroke, or colorectal cancer. Although aspirin is safe for most people it is not right for everyone.

Talk to your doctor about taking aspirin regularly if you are aged 50 to 59 and you have any of the following risk factors for a heart condition:

- ❖ Smoking
- ❖ High blood pressure
- ❖ High cholesterol
- ❖ Diabetes

Before starting aspirin talk to your doctor about your health history and ask if low-dose aspirin is right for you.

### **What are benefits of taking aspirin regularly?**

Low-dose aspirin taken on a regular basis can reduce your risk of heart attack or stroke by preventing blood clots. Blood clots (clumps of thickened blood) can block the flow of blood to parts of your body. This can cause serious problems including death.

### **What are the side effects of taking aspirin on a daily basis?**

Taking aspirin regularly may cause side effects such as bleeding in the stomach. Make sure to talk to your doctor before you start taking aspirin and tell your doctor about any health conditions you have like stomach problems or bleeding problems.

### **What are the costs?**

Although aspirin is inexpensive and sold over the counter, some adults may get their aspirin covered under the Affordable Care Act.



## Autism Screening (Children 18 – 24 Months)

9

### Overview

When a child is between the ages of 1 and 4, they need to see a doctor or a nurse for a “well-child” visit about 7 times. During a well-child visit the doctor will do a full checkup to make sure that your child is healthy and developing normally. During the well-child checkup, the doctor or nurse can help catch any problems early, when it may be easier to treat.

### What should you do during a “well-child” checkup?

In order to make the most out of your child’s “well-child” checkup you should do the following:

- ❖ Gather important information.
- ❖ Make a list of questions for the doctor.
- ❖ Know what to expect from the visit.

### How often should I take my child for their well-child checkup?

Children grow very quickly, therefore they need to visit the doctor or nurse regularly so that they can be sure your child is healthy and developing normally. The timeline for these well-child checkups is as follows:

- ❖ 12 months old
- ❖ 15 months old (1 year 3 months)
- ❖ 18 months old (1 year 6 months)
- ❖ 24 months old (2 years)
- ❖ 30 months old (2 years 6 months)
- ❖ 3 years old
- ❖ 4 years old

If at any point you are concerned about your child’s health, do not wait for the next scheduled appointment, call your child’s doctor or nurse right away.

### What is Autism Screening?

During an Autism screening your child’s doctor will observe your child and ask questions about their behavior at home or while interacting with other children. An Autism screening will most likely be performed during your child’s well-child visit. The reason for

\an autism screening is to identify early signs of autism. Some of the signs for autism that your doctor will ask about are the following:

- ❖ Delays in communicating with others including speech or gestures.
- ❖ Not responding to their name.
- ❖ Getting aggravated or upset when there are changes in routine.
- ❖ Avoiding any form of physical contact.
- ❖ Showing little to no interest in objects or other people.

## Autism Screening (Children 18 – 24 Months) (continued)

Although these are signs of early signs of autism, they are not always present.

### **What information should I have when taking my child to their well-child visit?**

When you go to your child's well-child visit you should bring any medical records you have, including their vaccine card. You should also make a list of any important changes that have occurred in your child's life since the last time they had a well-child checkup. Some of these changes you should record are the following:

- ❖ New brother or sister
- ❖ Serious illness or death in the family
- ❖ Separation or divorce
- ❖ Change in childcare

### **What are the cost associated with this screening?**

Under the Affordable Care Act, insurance plans must cover well-child visits. Depending on your insurance plan, your child may be able to get well-child visits at no cost to you. Check with your insurance company if you have any questions.

## **Behavioral Assessments**

### **(0-11 months old)**

During a well-child visit the doctor will conduct a behavioral assessment of your child to make sure that they are growing and at the correct developmental stage for their age.

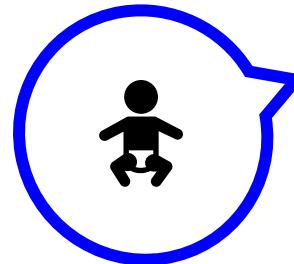
### **Milestones – 1 to 2 months**

During your babies 1<sup>st</sup> month of life, they should be doing the following:

- ❖ Gaining weight and growing.
- ❖ Have a strong sucking reflex.
- ❖ React to sounds.
- ❖ Move their arms and legs symmetrically (the same way on both sides)

By month 2 of your baby's life, they should be doing the following:

- ❖ Lift their head when lying on their stomach.
- ❖ Begin to look at close objects and people's faces.
- ❖ Bring their hands to their mouth.
- ❖ Make cooing sounds.
- ❖ Smile at people.



## Milestones – 4 to 6 months

By the time, your baby is 4 months they should be doing the following:

- ❖ Roll over from their stomach to their back.
- ❖ Reach for, grab, and hold toys.
- ❖ Have different cries for different feelings (hungry, cranky, or uncomfortable)
- ❖ Start babbling.
- ❖ Recognize a parent's voice or touch.
- ❖ Copy some facial expressions and sounds.

By 6 months your baby should be doing the following:

- ❖ Begin to sit up without support.
- ❖ Roll over in both directions (from stomach to back and from back to stomach)
- ❖ Sleep for 6 to 8 hours a night without waking up.
- ❖ Respond to their name.
- ❖ Show interest in and reach for objects.
- ❖ Like to look at themselves in the mirror.

## Milestones – 9 months

By 9 months your baby should be doing the following:

- ❖ Crawl
- ❖ Sit for a long time without support.
- ❖ Feed themselves with their fingers.
- ❖ Throw and shake toys.
- ❖ Have favorite toys.
- ❖ Understand the word "no."
- ❖ Wave bye-bye.
- ❖ Play games like peek-a-boo and pat-a-cake.

## (1-4 years old)



During a well-child visit the doctor will conduct a behavioral assessment of your child to make sure that they are growing and at the correct developmental stage for their age.

## Milestones – 12 months

By 12 months your child should be doing the following:

- ❖ Have at least 1 tooth.
- ❖ Stand up by pulling on a table or chair.
- ❖ Walk (either with help or on their own)

## Behavioral Assessments (1-4 years old) (continued)

### **Milestones – 12 months**

- ❖ Try to copy animal sounds.
- ❖ Say “mama” and “dada,” plus 1 or 2 other words.
- ❖ Follow simple directions, like “Pick up the toy.”

### **Milestones – 15 months**

By 15 months your child should be doing the following:

- ❖ Bend to reach the floor without falling.
- ❖ Put blocks in a cup.
- ❖ Make scribbles with crayons.
- ❖ Take toys over to show a parent.
- ❖ Listen to a story and look at pictures.

### **Milestones – 18 months**

By 18 months your child should be doing the following:

- ❖ Walk up steps.
- ❖ Try to run.
- ❖ Climb onto small chairs without help.
- ❖ Build towers of 2 to 4 blocks.
- ❖ Use a spoon to eat and a cup to drink (with help)
- ❖ Take off simple pieces of clothing, like socks and hats.
- ❖ Point to show someone what they want.
- ❖ Play simple pretend games, like feeding a doll.

### **Milestones – 24 months**

By 24 months your should be able to do the following:

- ❖ Stand on their tiptoes.
- ❖ Kick a ball without losing their balance.
- ❖ Have at least 16 teeth.
- ❖ Can tell someone when they’re hungry, thirsty, or need to use the bathroom.
- ❖ Understand instructions with 2 steps, like “Put on your shoes and then get your ball.”
- ❖ Copy others, especially adults and older children.
- ❖ Can name items in a picture book (like cat or dog)

## Behavioral Assessments (1-4 years old) (continued)

### Milestones – 30 months

By 30 months your child should be able to do the following:

- ❖ Point to different body parts (like their nose) when asked.
- ❖ Play simple games with other kids, like tag.
- ❖ Brush their teeth with help.
- ❖ Jump up and down in place.
- ❖ Put on their clothes with help.

### Milestones – 3 years old

By 3 years old your child should be doing the following:

- ❖ Have all 20 “baby” teeth.
- ❖ Use the toilet during the day (may still need a diaper overnight)
- ❖ Copy a circle when drawing.
- ❖ Put 1 foot on each step when walking up and down stairs.
- ❖ Speak in sentences of 3 to 4 words.
- ❖ Ask questions.
- ❖ Know their first name, age, and sex.

### Milestones – 4 years old

By 4 years old your child should be doing the following:

- ❖ Hop on 1 foot and balance on 1 foot for a short time.
- ❖ Use child-safe scissors.
- ❖ Count to at least 4.
- ❖ Ask lots of questions.
- ❖ Play with imaginary (pretend) friends.
- ❖ Can name some colors and numbers.
- ❖ Play simple board games and card games.

### (5 – 10 years old)

During a well-child visit the doctor will conduct a behavioral assessment of your child to make sure that they are growing and at the correct developmental stage for their age.

### Milestones – 5 years old

By the age of 5 your child should be doing the following:

- ❖ Know their address and phone number.
- ❖ Recognize most letters of the alphabet.
- ❖ Can count 10 or more objects.
- ❖ Know the names of at least 4 colors.
- ❖ Understand basic concepts of time.



## Behavioral Assessments (5-10 years old) (continued)

- ❖ Know what household objects are used for, such as money, food, or appliances.
- ❖ Show independence.
- ❖ Able to distinguish fantasy from reality but enjoy playing make-believe and dress-up.
- ❖ Carry on meaningful conversations with another person.
- ❖ Tell stories and have little to no trouble being understood by others.
- ❖ Somersault and possibly skip.
- ❖ Swing and climb.
- ❖ Hop on one foot.
- ❖ Use the toilet by themselves.

### **Milestones – 6 to 8 years old**

In between the ages of 6 to 8 years old your child should be doing the following:

- ❖ Better control their behavior.
- ❖ Making friends.
- ❖ May become easily embarrassed.
- ❖ More aware of their surroundings.
- ❖ Can follow more complex directions.
- ❖ Voice their opinions more.
- ❖ Their morals and values are developing.

### **Milestones – 9 years old**

By age 9 your child should be doing the following:

- ❖ Start to show a growth pattern related to gender - girls are starting to get taller and weigh more than boys.
- ❖ Lose about four baby teeth each year. These will be replaced with permanent teeth.
- ❖ Know that objects have uses and can be classified into categories. (Example, they recognize that a carrot is something to eat and is a type of vegetable)
- ❖ Can read and understand longer sentence up to 12 words.
- ❖ Can add and subtract 2-digit numbers, understand fractions, and are learning how to borrow and carry values.
- ❖ Like organizing and planning, such as making plans ahead with their friends.
- ❖ Recognize basic social norms and appropriate behavior.
- ❖ Can control their anger most of the time.
- ❖ Have caring, solid friendships.
- ❖ Have gained a strong sense of empathy, which is understanding and being sensitive to the feelings of others.

## Behavioral Assessments (5-10 years old) (continued)

### **Milestones – 10 years old**

By the time your child turns 10 years old they should be doing the following:

- ❖ Demonstrate improved agility, speed, coordination, and balance.
- ❖ Begin to show signs of puberty such as oily skin, increased sweating and hair growth in the genital area and under the arms.
- ❖ Experiences an increase in small muscle coordination.
- ❖ Develop a better sense of who they are in the world.
- ❖ Suffer from mood swings.
- ❖ Admire and imitate older youth.
- ❖ Begin to question authority.
- ❖ Are accepting of parent/family beliefs.
- ❖ Identify with individuals of the same gender.
- ❖ Prefers to work in groups and enjoys cooperative activities.
- ❖ Show interest in sports teams or pop culture.
- ❖ Have an increased attention span and can often spend long periods of time working on activities they enjoy.

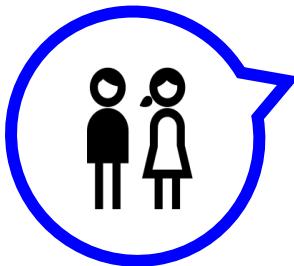
### **(11 – 14 years old)**

During a well-child visit the doctor will conduct a behavioral assessment of your child to make sure that they are growing and at the correct developmental stage for their age.

### **Milestones – 11 years old**

By the time, your child is 11 years old they should be doing the following:

- ❖ Showing signs of puberty.
- ❖ Show improved handwriting and an improved ability to use a variety of tools.
- ❖ Growth spurt and accompanying growth pains and cramps; the need to both eat and sleep more.
- ❖ Begin to question authority figures.
- ❖ Start to resist physical affection from parents.
- ❖ Form strong and complex friendships.
- ❖ Show more interest in friends and less interest in family.
- ❖ Explores identity through hair, clothing, hobbies, and friends.
- ❖ Understand that thoughts are private.
- ❖ Experience a greater sense of responsibility.
- ❖ Exhibit an increased attention span, but rapidly change interests.



## Behavioral Assessments (11-14 years old) (continued)

### **Milestones – 12 years old**

By the time your child turns 12 years old they should be doing the following:

- ❖ Begin to show signs of puberty, including menstruation in girls and muscular development in boys.
- ❖ Become skilled in sports.
- ❖ Go through a growth spurt.
- ❖ Show a rebellious streak.
- ❖ Cement their independence from their parents, but still seek adult approval.
- ❖ Question family values and develop personal morals.
- ❖ Worry about being liked and accepted.
- ❖ Demonstrate interest in activities involving those of the other gender.
- ❖ Understand other people's point of view.
- ❖ Understand and apply logic to certain situations and problems.
- ❖ Become aware of the concept of justice and equality.
- ❖ Start to understand cause-and-effect.

### **Milestones – 13 years old**

By the time your child turns 13 years old they should be doing the following:

- ❖ Experience rapid changes in appearance.
- ❖ Experience anxiety due to the rapid changes in appearance.
- ❖ Exhibit a wide range of growth patterns between genders.
- ❖ Show concern about physical development and appearance.
- ❖ See themselves as always being center stage.
- ❖ Strive for independence but still seek adult approval.
- ❖ Seek trust and acceptance from peers.
- ❖ Question authority figures.
- ❖ Reject solutions offered by parents.

### **Milestones – 14 years old**

By the time your child turns 14 years old they should be doing the following:

- ❖ Grow several inches in several months followed by a very slow growth period.
- ❖ Exhibit a wide range of sexual maturity between genders and within gender groups.
- ❖ Generally happy and easy-going.
- ❖ Recognize their own strengths and weaknesses.
- ❖ Embarrassed by parents.
- ❖ Strong interest in romantic relationships.
- ❖ Anxious to be liked.

## Behavioral Assessments (15-17 years old) (continued)

### **(15 – 17 years old)**



During a well-child visit the doctor will conduct a behavioral assessment of your child to make sure that they are growing and at the correct developmental stage for their age.

### **Milestones – 15 years old**

By the time your child turns 15 years old they should be doing the following:

- ❖ Voices grow deeper. (boys)
- ❖ Begin to grow facial hair. (boys)
- ❖ Reach their full height. (girls)
- ❖ Have less conflict with parents.
- ❖ Have more independence from parents.
- ❖ Interest in romantic relationships.
- ❖ Deeper capacity for caring and developing more intimate relationships.
- ❖ May struggle with peer pressure.
- ❖ Show concern about their future.
- ❖ Have more defined work habits.
- ❖ Able to explain the reason for their choices with more depth.

### **Milestones – 16 years old**

By the time your child turns 16 years old they should be doing the following:

- ❖ Need more sleep.
- ❖ Continue to grow and mature physically, and boys sprout facial hair.
- ❖ Care about looks and fitting in, this is especially true of girls.
- ❖ Go through periods of sadness.
- ❖ Show signs of confidence and increased resistance to peer pressure.
- ❖ Becomes aware of sexual orientation.
- ❖ Change language and behavior between school, home, and other settings.

### **Milestones – 17 years old**

By the time your child turns 17 years old they should be doing the following:

- ❖ Have reached their full height. (boys)
- ❖ Have completed puberty.
- ❖ May continue to see muscle development. (boys)
- ❖ Take fewer risks.
- ❖ Search for intimacy.
- ❖ Want adult leadership roles.
- ❖ Can make and keep commitments.



## Bilirubin Concentration Screening

Bilirubin screening is a routine screening given to every newborn to check for high bilirubin levels in the blood(hyperbilirubinemia). This screening consist of taking a small sample of blood from your baby's heel, and then sent to the laboratory. This screening must be done before your child leaves the hospital.

### What does it mean if your child has high levels of bilirubin?

High levels of bilirubin cause jaundice. This is a common condition in newborns and usually goes away by itself, but in some cases if the levels are too high your baby may need special treatment to prevent serious problems such as brain damage.

### What are the costs for this screening?

Some newborn screenings are covered under the Affordable Care Act. Depending on your insurance plan, you may be able to get your baby screened at no cost to you. Check with your insurance provider to find out what's included in your plan. For information about other services for children that are covered by the Affordable Care Act, visit Resocen.com.



## Blood Pressure Screening

### Overview

One out of 3 adults have high blood pressure. High blood pressure increases your risk for serious health problems, including stroke and heart attack.

Blood pressure is how hard your blood pushes against the walls of your arteries when your heart pumps blood. Arteries are the tubes that carry blood away from your heart. Every time your heart beats, it pumps blood through your arteries to the rest of your body. What is hypertension? Hypertension is the medical term for high blood pressure. High blood pressure is sometimes called the "silent killer" because it usually has no symptoms. The only way to know if you have high blood pressure is by getting tested.

You should start getting your blood pressure checked regularly starting at age 18. Try to always keep track of your blood pressure numbers.

### How often should I get my blood pressure checked?

- ❖ If you are aged 40 or older, or if you are at risk for high blood pressure, get your blood pressure checked once a year.
- ❖ If you age 18 to 40 and aren't at high risk for blood pressure, get your blood pressure checked every 3 to 5 years.

## Blood Pressure Screening (continued)

### What factors can put you at high risk for high blood pressure?

High blood pressure risks go up as you get older. Other factors that can increase your risk for high blood pressure are:

- ❖ If you are African American.
- ❖ If you are overweight or have obesity.
- ❖ If you don't get enough physical activity.
- ❖ If you drink too much alcohol.
- ❖ If you don't have a healthy diet.
- ❖ If you have kidney failure, diabetes, or some types of heart disease.

### What do blood pressure numbers mean?

Your blood pressure is measured with 2 numbers. The first number is the pressure in your arteries when your heart beats. The second number is the pressure in your arteries between beats, when your heart relaxes. Compare your blood pressure to the following numbers:

- ❖ Normal blood pressure is lower than 120/80 (said "120 over 80").
- ❖ High blood pressure is 140/90 or higher.
- ❖ Blood pressure that's between normal and high (for example, 130/85) is called elevated blood pressure or prehypertension.

### What happens if I have high blood pressure?

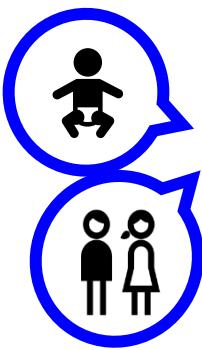
If you have high blood pressure, you may need to take medications to control it. Take the following steps to lower your blood pressure:

- ❖ Eating healthy, especially foods low in saturated fat and salt.
- ❖ Getting and Staying active. Aim for 2 hours and 30 minutes a week of moderate aerobic activity.
- ❖ Control and watch your weight. (eating healthy and working out)
- ❖ Take your medications as prescribed by your doctor.

Small changes like losing just 10 pounds can help lower your blood pressure.

### What are the costs associated with this testing?

Under the Affordable Care Act, insurance plans must cover blood pressure testing. Depending on your insurance, you may be able to get your blood pressure checked by a doctor or nurse at no cost to you. Check with your insurance plan to see what's included in your plan. Visit Resocen.com for information about other services covered under the Affordable Care Act.



## Blood Pressure Screening (0-11months, 1-4 years old, 5-10 years old, 11-14 years old, & 15-17 years old)

Children ages 0 to 17 years old need to go to the doctor or nurse for a “well-child visit” once a year. A well-child visit is when you take your child to the doctor for a full checkup to make sure they’re healthy and developing normally. This is different from other visits for sickness or injury. At a well-child visit, the doctor or nurse can help catch any problems early, when they may be easier to treat. You’ll also have a chance to ask any questions you may have about your child’s behavior or development.

### What is high blood pressure in children and adolescents?

High blood pressure is often overlooked in children and adolescents even though it is a growing health problem. Children should be screened for high blood pressure at least once a year during their well-child visit or anytime they go to doctor if they have risk factors. For children and adolescents blood pressure is measured based on sex, age, and height. For children 12 and under high blood pressure is defined in the 90<sup>th</sup> percentile or higher blood pressure. In adolescents 13 years and older high blood pressure is defined in the 95<sup>th</sup> percentile or higher blood pressure.

### What are the cost associated with this screening?

Under the Affordable Care Act, insurance plans must cover this screening. Depending on your insurance plan, your child may be able to get the screening at no cost to you. Check with your insurance company to learn more.

### Blood Screening

You should talk about newborn screening with your doctor or midwife before your baby is born. Newborn screenings include test that check for certain diseases and conditions in newborn babies. These screening help the doctor find diseases and conditions early before there are any signs of a problem. Most of these tests will be done before your baby leaves the hospital.

### What tests will your baby need?

While all states require newborn screenings, the types of tests vary from state to state. Depending on the health history of your family, you might want to ask the doctor to run extra tests.

Most of the screenings for newborns only take a few drops of blood taken from your baby’s heel. This blood sample is used to test for certain diseases such as the following:

## Blood Screening (continued)

- ❖ **Hypothyroidism** – The thyroid is a gland in the neck that makes the thyroid hormone. Hypothyroidism (low thyroid hormone) can cause problems with growth and development but can be easily treated if found early.
- ❖ **PKU (phenylketonuria)** – People with PKU can't process certain foods. To make up for the foods they can't eat, they have to drink special formula. PKU can also cause intellectual disability (below average mental skills) if it's not treated with time.
- ❖ **Sickle Cell Disease** – This is a blood disorder that can cause serious pain, infections, or stroke. Can be treated if found early.

## What are the cost associated with blood screening?

Some newborn screenings are covered under the Affordable Care Act. Depending on your insurance plan, you may be able to get your baby screened at no cost to you. Check with your insurance provider to find out what's included in your plan.



## Breastfeeding Comprehensive Support & Counseling

### Overview

Breastfeeding (nursing) is healthy for mother and baby. Breast milk is the only food a baby needs for the first 6 months after birth. After 6 months you can start to feed your baby other foods in addition to breast milk. It is recommended for a mother to continue breast feed their child until at least 12 months of age.

Although breastfeeding is natural, it does not mean that it is easy. You and your baby may need practice and a little help in the beginning. But with time it gets easier.

### Getting ready to breastfeed:

- ❖ Talk to your doctor or midwife about breastfeeding.
- ❖ Make a plan for after your baby is born.

### Once your baby is born:

- ❖ Let your doctor or midwife know you want skin-to-skin contact with your baby right away.
- ❖ Nurse whenever your baby is hungry.
- ❖ Ask for help if breastfeeding is difficult.

## Breastfeeding Comprehensive Support & Counseling (continued)

### **Guidelines to helping your baby get the nutrients they need.**

From birth to 6 months your baby only needs your breast milk. Incorporating anything else like rice cereal or baby food during the first 6 months can keep them from getting the nutrients they need from breast milk.

The following are guidelines to help make sure your baby gets the nutrients they need:

#### **Birth to age 6 months:**

- ❖ Feed your baby breast milk or formula (no juice, cow's milk, solid food, or water)
- ❖ Give your baby any vitamins, minerals, or medicine that your doctor recommends.

#### **Age 6 months to 12 months:**

- ❖ Keep breastfeeding your baby.
- ❖ Introduce new foods to your baby's diet.

#### **Age 12 months or older:**

- ❖ Continue to breastfeed as long as it feels right for you and your baby.
- ❖ Keep adding new foods to your baby's diet.

### **Benefits of Breastfeeding**

The most important benefit of breastfeeding is that it gives you and your baby time to be close and get to know each other and bond. This is the most healthy choice for mom and baby. More benefits of breastfeeding are the following:

#### **Benefits for your baby**

Breast milk:

- ❖ Is the best source of nutrition for most babies.
- ❖ Changes to meet your baby's nutritional needs as he/she grows.
- ❖ Helps protect your baby from infection and illness.
- ❖ Is easier for babies to digest than formula.

#### **Benefits for you**

Breastfeeding may help protect you from:

- ❖ Ovarian and breast cancer.
- ❖ High blood pressure.
- ❖ Type 2 diabetes.

Breastfeeding also helps lower the risk of Sudden Infant Death Syndrome (SIDS).

## Breastfeeding Comprehensive Support & Counseling (continued)

### What are the cost?

Under the Affordable Care Act, health insurance plans must cover counseling and access to breastfeeding supplies for pregnant and nursing women. That means that you may be able to get help with breastfeeding at no cost to you. Talk to your insurance company to find out more. You can also ask your doctor or nurse how you can sign up for the no-cost WIC program. WIC (Women, Infants, and Children) is a government program that can help you get healthy food for yourself and your baby. WIC offers breastfeeding support too.



### Cervical Dysplasia Screening

#### Overview

You should get screened for cervical cancer before you have any symptoms. These exams include:

- ❖ Pap tests, also called Pap smears.
- ❖ HPV (human papillomavirus) tests.

These test help find cervical cancer cells that are infected with HPV or other abnormal cells before they turn into cervical cancer. Most cervical cancers can be prevented by regular screenings and with the correct follow up treatment when needed.

#### When should you get screened (tested)?

How often you get tested depends on how old you are and which screening tests you get.

If you are between the ages of 21 and 29, you should have a pap smear every 3 years. If you are between the ages of 30 and 65 you have several options:

- ❖ Get screened every 3 years with a Pap test.
- ❖ Get screened every 5 years with an HPV test.
- ❖ Get screened every 5 years with both a Pap test and an HPV test.

You should always talk to your doctor about which option is best for you. In some cases, some women may need to get screened more often. An example of this is if you have ever had an abnormal test result in the past.

#### What is cervical cancer and what causes cervical cancer?

Cervical cancer is cancer of the cervix. Abnormal cell in the cervix can turn into cancer if they aren't found and treated. Cervical cancer is most commonly found on women who don't get regular screenings.

## Cervical Dysplasia Screening (continued)

Most cases of cervical cancer are caused by certain types of Human Papillomavirus (HPV). Some types of HPV cause genital warts, and others cause cancer. HPV is the most common infection spread through sex (vaginal, anal, and oral).

In most cases, HPV infections go away on their own, but when they last for a long period of time, they can cause cancer.

### **What are the costs associated with this screening?**

Under the Affordable Care Act, most insurance plans must cover screening for cervical cancer. Depending on your insurance plan, you may be able to get tested at no cost to you.



## Cholesterol Screening

### **Overview**

It is important to get your cholesterol checked regularly. Too much cholesterol can cause a heart attack or a stroke. It is very easy to get your cholesterol checked. If your cholesterol is high, there are steps you can take to lower it. Some of those ways are the following:

- ❖ Eating healthy.
- ❖ Getting more physical activity.
- ❖ Taking prescribed medications.

### **What is cholesterol?**

Cholesterol is a waxy material that's found naturally in your blood. Your body makes cholesterol and uses it to do important things, like making hormones and digesting fatty foods. If you have too much cholesterol in your body the buildup can make it hard for blood to flow through your blood vessels and over time this can cause heart disease.

### **How often should you get your cholesterol checked?**

It is generally recommended for you to get your cholesterol checked every 4 to 6 years. Some people may need to get it checked more or less often depending on their risk of heart disease.

High cholesterol can run in families. So, if someone in your family has high cholesterol or takes medicine to control cholesterol, you might need to get tested more often. Always talk to your doctor to see what the best course of action is for you.

## Cholesterol Screening (continued)

### What do cholesterol test results mean?

Most people that have high cholesterol don't have any signs or symptoms. That is why it is important to get your cholesterol checked. Your doctor will check your cholesterol levels with a blood test called a lipid profile. A lipid profile test result will show 4 numbers. This lipid profile measures the following:

- ❖ **Total Cholesterol** – a measure of all the cholesterol in your blood. It's based on the LDL, HDL, and triglycerides numbers.
- ❖ **LDL Cholesterol** – the "bad" type of cholesterol that can block your arteries. (a lower level is better for you)
- ❖ **HDL Cholesterol** – the "good" type of cholesterol that helps clear LDL cholesterol out of your arteries. (a higher level is better for you) Having a low HDL cholesterol level can increase your risk for heart disease.
- ❖ **Triglycerides** – a type of fat in your blood that can increase your risk for heart attack and stroke.

### Are you at risk?

LDL Cholesterol levels tend to increase as people get older. Other causes of high LDL "bad cholesterol" levels that put you at higher risk include the following:

- ❖ Family history of high LDL cholesterol.
- ❖ High blood pressure or type 2 diabetes.
- ❖ Smoking.
- ❖ Being overweight.
- ❖ Not getting enough physical activity.
- ❖ Eating too much saturated fat and trans-fat – and not enough fruits and vegetables.
- ❖ Taking certain medications, like the ones to lower blood pressure.

If your LDL cholesterol levels are high you can take the following steps to lower your cholesterol and reduce risk of heart disease:

- ❖ Eat heart-healthy foods.
- ❖ Get active.
- ❖ Stay at a healthy weight.
- ❖ If you smoke, quit.
- ❖ If you have type 2 diabetes or high blood pressure, take steps to manage it.
- ❖ Ask your doctor about taking medications to lower your risk of heart attack and stroke.

## Cholesterol Screening (continued)

### What are the cost associated with cholesterol screening?

Cholesterol testing is covered under the Affordable Care Act. Depending on your insurance plan, you may be able to get your cholesterol checked at no cost to you.



## Colorectal Cancer Screening

### Overview

Everyone between the ages of 50 and 75, should regularly get tested for colorectal cancer. A special test can help prevent colorectal cancer or find it early when it may be easier to treat. If colorectal cancer runs in your family, you may need to get tested before age 50. Talk to your doctor and ask about your risk for colorectal cancer.

### How often should you get screened?

There are many reasons to get screened but how often you should get screened depends on the following:

- ❖ If you are at risk for colorectal cancer
- ❖ Which test you choose to take to get screened

### What tests are used to screen for colorectal cancer?

There are different types of test that can be used to detect colorectal cancer. There are two types that are more common and are the following:

- ❖ **Stool-based:** These tests are done at home by collecting a stool sample and sending it to a lab to get tested. The lab will send the results to your doctor.
- ❖ **Tests that look directly inside the colon and rectum (colonoscopy):** These tests are performed in your doctor's office or in a hospital setting. You will need to take a laxative to clean out your bowels before your appointment. Before the test you will receive anesthesia and will need to have someone with you to drive you to and from the hospital.

### How do you decide which test to take?

There are many different ways that you can be tested for colorectal cancer. You should always consult with your doctor in order to make an informed decision on which test would be best for you.

## Colorectal Cancer Screening (continued)

### What are the risk for colorectal cancer?

While the risk for getting colorectal cancer increases the older you get, there are other risk factors that may add to a person developing colorectal cancer. These risk factors are if you:

- ❖ Have certain type of polyps (growths) inside the colon.
- ❖ Have a personal or family history of colorectal cancer.
- ❖ Smoke.
- ❖ Are overweight or obese.
- ❖ Not physically active.
- ❖ Drink too much alcohol.
- ❖ Have certain health conditions, like Crohn's disease, that cause chronic inflammation of the small intestine and colon.

### What else should you know?

Starting your screening process when you are 50 years old, gives you a good chance of preventing colorectal cancer or it also gives your doctor a good chance of finding it when treating it is easier.

- ❖ If polyps are found during your test your doctor can remove them before they become cancerous.
- ❖ If cancer is found during your test your doctor will get you started with the correct treatment to treat it right away.

### What are the cost associated with colorectal cancer?

Under the Affordable Care Act, most health insurance plans must cover colorectal cancer screening. Depending on which plan you have, you may be able to get the screening at no cost to you.



### Contraception

#### Overview

Contraception (birth control) help a woman prevent pregnancy when they are not ready to have a baby. Certain types of contraception such as condoms also help protect against sexually transmitted diseases (STDs).

### How do you know what type of contraception you should use?

There are many different types of contraceptives but not all birth controls are effective or right for every person. There are pros and cons for each method. When thinking about contraceptives there are some questions you might want to ask yourself first. Some of those questions are the following:

## Contraception (continued)

- ❖ Do you want to someday have children and if so, how soon?
- ❖ Do you have any health conditions?
- ❖ How often are you sexually active?
- ❖ How many partners are you sexually active with?
- ❖ Do you want protection from STDs as well?
- ❖ How well does the contraception method you want to use work?
- ❖ What are the side effects of the contraceptive you want to use?
- ❖ Is it easy to use?

### What are some of the different types of contraceptives?

- ❖ **IUDs (Intrauterine Devices):** An IUD is a T-shaped plastic that a doctor places inside a woman's uterus to prevent pregnancy. There are two different types of IUDs. These are:
  - **Copper IUD** – This type of IUD releases small amounts of copper to prevent sperm from fertilizing an egg. This type of IUD can last for up to 10 years.
  - **Hormonal IUD** – This type of IUD releases small amounts of hormones to prevent pregnancy. There are four different types of hormonal IUDs and depending on which one you use it can last anywhere from 3 to 5 years.
- ❖ **Hormonal Methods:** The way that these contraceptives work is by preventing a woman's ovaries from releasing an egg each month. This type of contraceptive also causes other types of changes in your body that makes you getting pregnant less likely. Like any contraceptives there are some that work better than others, and some require extensive effort to use. Some of these hormonal methods are the following:
  - **Implant (small rod implanted under the skin)** – this method can last for 3 years.
  - **Shot** – given every 3 months by your doctor or nurse.
  - **Patch** – worn on your skin and needs to be replaced once a week with it being off for one week during the month.
  - **Ring** – placed in the vagina and replaced monthly.
  - **Birth Control Pills** – taken daily.
  - **Hormonal IUD** – can last 3 to 5 years depending on which type you use.

It is important for you to note that while these contraceptives help prevent an unplanned pregnancy they do not protect you from contracting a sexually transmitted disease.

- ❖ **Barrier Methods:** This type of method works by preventing the sperm and egg from touching each other. Some of these methods are:

- Male condoms
- Female condoms
- Birth control diaphragm or cervical cap
- Birth control sponge.

Male and female condoms are effective at reducing the risk of HIV and other sexually transmitted diseases when used correctly. Diaphragms, cervical caps, and sponges don't protect against sexually transmitted diseases.

- ❖ **Emergency contraception:** If you ever forget to use birth control or if a condom breaks there are some emergency contraception methods you could use. The two options for emergency contraception are:

- **Emergency contraception pills (ECPs)** – With this type of emergency contraceptive you need to take it as soon as possible within 5 days of having unprotected sex. The sooner you take this method the more effective it will be. There are some options where you can get ECPs over the counter at a drugstore but for others you may need to get a prescription from your doctor.
- **Copper IUD** – This type of method needs to be placed inside your uterus by a doctor or nurse within 5 days of unprotected sex.

Taking these emergency contraceptives will not harm a pregnancy if you are already pregnant, but it will not protect from sexually transmitted diseases. Consider getting tested for STDs if you did not use a condom or if it was defective.

- ❖ **Sterilization:** This is a permanent type of contraception. This is only an option for someone that is absolutely sure that they do not want any children or don't want any more children if they already have them. What are the types of sterilization? They are as follows:

- **For Men** – sterilization means cutting or blocking the tubes that carry the sperm to the outside of the penis. The term is called **Vasectomy**.
- **For Women** – sterilization means cutting or blocking the tubes that carry the eggs into the uterus. The terms are **Tubal Ligation** and **Tubal Implant**.



## Depression Screening

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### What is depression?

Depression is a mental health disorder. This type of disorder affects your thoughts, moods, and daily activities. There are different levels to depression, it can be mild or severe. If not treated mild depression can become more serious with time. If you are diagnosed with depression do not fear you are not alone. Depression is a common illness and millions of Americans suffer from this disorder yearly. There is no reason for you to feel ashamed if you suffer from depression and know that it can be treated. Getting help will make you feel better and is the best decision you can make for yourself and your family.

### What are signs of depression?

Although it is normal to sometimes feel sad if you consistently feel sad for more than two weeks at a time, you might be depressed. Depression may affect people differently. Some of the most common signs of depression are the following:

- ❖ Losing interest in activities you have always enjoyed.
- ❖ Having a sense of hopelessness or emptiness.
- ❖ Being forgetful or not being able to make decisions.
- ❖ Irregular sleep patterns (sleeping too much or too little).
- ❖ Irregular weight gain or loss.
- ❖ Suicidal thoughts.

### What are some of the treatments for depression?

There are several ways to treat depression. The most common way of treating depression is with therapy or medication and in some cases, you might have to do both.

### What are the cost for this screening?

Under the Affordable Care Act, insurance plans must cover depression screening. Depending on which plan you have you may be able to get screened at no cost to you.



## Depression Screening

### Overview

Children between the ages of 12 and 18 adolescents should be routinely screened for depression (even if there are no signs). Depression can be serious especially when you don't get help.

## What are signs of depression in adolescents?

Although it is normal to sometimes feel sad if your teen consistently feels sad for more than two weeks at a time, they might be depressed. Depression may affect people differently, but in adolescents some of the signs are the following

- ❖ Feeling sad or easily getting upset more often than not.
- ❖ Lose interest in activities they usually enjoy.
- ❖ Show signs of aches and pains for no particular reason.
- ❖ Not able to concentrate, forgets things, can't seem to make decisions.
- ❖ Irregular sleep patterns (too much or too little sleep).
- ❖ Irregular eating habits (eats too much or too little).
- ❖ Starts using drugs or alcohol.
- ❖ Has suicidal thoughts.

Because adolescents normally go through periods where they have mood swings it is difficult to tell if they are depressed or just feeling down. That is why it is important to routinely have your child screened for depression.

## What can you do to help your teen?

One of the most important things that as a parent you should remember is that you should always continue to talk to your child. It is important to give them support so that they know that you are there for them but do not overwhelm them by questioning or lecturing them.

You should also support your teen by setting daily routines that would help them such as:

- ❖ Schedule your family's days to include enough time for your teen to get sufficient sleep.
- ❖ Maintain a healthy diet for your family.
- ❖ If your teen is on medication gently remind them to take it.
- ❖ Keep watch on your teen's depression and have a plan in case you notice it is worsening.
- ❖ Encourage exercise and activities for your teen.

You should also always talk to your teen about the dangers of alcohol and drug abuse. Let them know that alcohol and drugs contribute to depression and oftentimes make it worse. Keep your home safe for your teen by doing the following:

- ❖ If you can keep alcohol out of the home do so. If not keep it securely locked.
- ❖ If you have guns in the home and you notice your teen is depressed remove them from the home. If you cannot remove them from the home lock the guns and ammunition separately.

## What can cause depression in a teen?

Depression can happen to anyone at any age. It is no one's fault, and we must never blame someone for how they are feeling. While many things can cause depression there are some things that are more likely to contribute to depression in a teen. Some of these things are:

- ❖ Death or divorce in a family.
- ❖ Being around someone else in their home that is dealing with depression.
- ❖ Having other mental health problems, such as anxiety or eating disorders.
- ❖ Stressing at home or at school.
- ❖ Family history of depression.

## When should you contact a Medical Professional?

If you notice any signs of suicide, you must contact your teen's health provider right away. If you require immediate help, take your teen to the nearest emergency room or call 911 if needed. Some of the warning signs for suicide are the following:

- ❖ Giving away their possessions.
- ❖ Withdrawing, wants to be alone, isolate themselves.
- ❖ Take on the behavior of risk-taking.
- ❖ Their personality changes.
- ❖ Threaten suicide or have plans to hurt themselves.

## What are the costs associated with depression screening in teens?

Depression screening is covered under the Affordable Care Act. Depending on your insurance plan, your teen may be able to get screened at no cost to you. Check with your insurance plan to see what is included in your plan.



## Developmental Screening

### How do you know if your child is growing and developing on track?

Your doctor or nurse can help you identify your child's developmental milestones. You can also see some of those milestones in this booklet under "Behavioral Assessments." It is important to note that every child's growth and development is different.

## Gather important information before each visit

It is important to bring any medical records you have to each doctors appointment, including your child's shot record. You should also write down any major changes in your child's life since they last visited the doctor. Major changes you should take note of are:

- ❖ If your child has a new sibling.
- ❖ If there has been a death in the family or someone is suffering from a severe illness.
- ❖ If there has been a separation or divorce in the family.
- ❖ If there has been any change in childcare.

## What are the cost associated with this screening?

Most insurance plans cover this screening under the Affordable Care Act. Depending on your insurance plan your child may be able to get screened at no cost to you.



## Diabetes (Type 2) Screening

### Overview

Diabetes is one of the leading causes of death and disability in the United States. Diabetes can increase risk for serious health problems such as:

- ❖ Heart disease.
- ❖ Stroke.
- ❖ Blindness.
- ❖ Nerve damage, which can cause you to lose limbs such as toes, feet, or legs.
- ❖ Kidney failure.

## What is diabetes?

Diabetes is when your glucose (sugar) levels in your blood are extremely high. Your body needs glucose for energy. Most of the food you eat turns into glucose, and your body then carries the glucose to other parts of your body.

With diabetes, your body has trouble turning glucose into energy. What happens is that the glucose builds up in your blood and your body becomes starved of energy. Over time high blood glucose damages almost every part of your body.

## What are the different types of Diabetes?

There are three different types of diabetes. These types of diabetes are:

- ❖ **Type 1 Diabetes:** this type of diabetes seems to be caused by an immune system problem (the part of the system that helps fight infection). There is no way of preventing this type of diabetes.
- ❖ **Type 2 Diabetes:** this type of diabetes is the most common. The factors that are most likely to contribute to developing type 2 diabetes are if you are physically inactive and are overweight. Prediabetes is also a factor. Prediabetes is when your blood glucose is higher than normal, but not high enough to be considered a diabetic.
- ❖ **Gestational Diabetes:** this type of diabetes is only developed for some women during pregnancy. Gestational diabetes increases risk of other health problems for mother and baby. One of the health risks for the baby is being more likely to develop type 2 diabetes later in life.

## What are the risks factor for type 2 diabetes?

There are a lot of things that can put you at higher risk for type 2 diabetes. Some of the factors that put you at higher risk are the following:

- ❖ Have Prediabetes.
- ❖ Be 45 years old or older.
- ❖ Be Overweight or obese.
- ❖ Have immediate family members with type 2 diabetes.
- ❖ Be African American, Alaska Native, Asian American, Hispanic, or Latino, Native Hawaiian, or Pacific Islander.
- ❖ Have HBP (high blood pressure) or high LDL (bad) cholesterol.
- ❖ Not physically active.
- ❖ Have had gestational diabetes (pregnancy diabetes) (Women)
- ❖ Have given birth to a child that weighed more than 9 pounds. (Women)
- ❖ Have POS (Polycystic Ovary Syndrome). This is when your body produces more male hormones than it should. (Women).

## What are type 2 diabetes symptoms?

There are a lot of different symptoms for type 2 diabetes and a lot of them develop over several years. A lot of people with type 2 diabetes may have had symptoms for a long time and did not notice right away while some never notice at all. Some of the symptoms are :

- ❖ Being extremely thirsty or hungry.

- ❖ Feeling tiredness, more than accustomed.
- ❖ Urinating more than normal.
- ❖ Weight loss without a reason.
- ❖ Slow healing cuts and bruises.
- ❖ Blurry vision.
- ❖ Numb or tingly hands or feet.

## What are the costs associated with this screening?

Insurance plans must cover, diabetes screening for adults with high blood pressure, and diet counseling for adults at higher risks for chronic disease under the Affordable Care Act.



### Diet Counseling

#### Overview

Part of having a healthy diet is following healthy eating patterns and that includes various foods and drinks. Also, part of having a healthy diet is getting your calorie intake right for you (not too little and not too much).

When eating healthy you should always add vegetables, fruits, whole grains, fat-free or low-fat dairy and foods with protein (seafood, lean meats, poultry, eggs, beans, peas, nuts, seeds, and soy products).

There are also certain nutrients and ingredients you should limit. Some of these products are:

- ❖ **Sodium (salt)**: we can find sodium in table salt, but the majority of sodium comes from packaged food or food served at restaurants.
- ❖ **Added Sugars**: these include things like syrup, sweeteners added to sodas, yogurt and cereals, or the sugar you add into your coffee or tea.
- ❖ **Saturated Fats**: these come from animal products such as cheese, poultry, fatty meats, whole milk, butter among others. There could also be saturated fats in some plant products like palm and coconut oils.
- ❖ **Refined grains and starches**: you kind find these types of products in cookies, white bread, and other types of snacks.

## What are the benefits of having a healthy diet?

Having a healthy diet is good for your health overall. There are many ways of maintaining a healthy diet. One of the ways to maintaining a healthy diet is by making smart food choices which can help manage your weight and lower your risk for chronic (long-term) diseases.

The most important thing to do is keep track of your meals by keeping a food diary. In knowing what you are eating it will help you figure out what you want and need to change. The things you want to keep track of in your food diary are:

- ❖ What time do you eat?
- ❖ What are you eating and how much you are eating?
- ❖ Where are you and who are you with when you eat?
- ❖ How do you feel when you eat?

### **What if you don't feel comfortable making the right eating choices?**

If you are having trouble keeping a healthy diet, you can ask your doctor for help. Your doctor may then refer you to a dietitian that is registered to licensed to help people with healthy eating.

### **What are the costs associated with diet counseling?**

Most health plans must cover diet counseling for people at higher risk for chronic diseases like type 2 diabetes and high blood pressure under the Affordable Care Act. Depending on your insurance, you may be able to get the counseling at no cost to you.



## **Dyslipidemia Screening**

### **What is Dyslipidemia?**

Dyslipidemia is a disorder of the lipoprotein metabolism and may cause the following abnormalities:

- ❖ High total cholesterol (TC)
- ❖ High low-density lipoprotein cholesterol (LDL-C)
- ❖ High non-high-density lipoprotein cholesterol (non-HDL-C)
- ❖ High triglycerides

### **How do you screen for Dyslipidemia?**

The ways to screen children for Dyslipidemia is as follows:

- ❖ **Children with risk factors:** the risk factors are diabetes, hypertension, family history of severe hyperlipidemia or premature CAD (coronary artery disease). The way to screen is with a Fasting Lipid profile in between the ages of 2 and 8. If risk factors are still present screen every 1 to 3 years depending on their profile for risk.

## Dyslipidemia Screening (continued)

- ❖ **Children with no risk factors:** These children will be screened with a Non-fasting Lipid or a fasting lipid profile once before puberty usually ages 9 to 11 and once more between the ages of 17 to 21.

### How do you treat dyslipidemia?

When a child has been screened and come out with positive values they should be evaluated further. Family history should be reviewed and noted to rule out secondary causes. Once that has done there are several treatment plans that can be used for children with dyslipidemia. These are as follows:

- ❖ Follow ups (further fasting to make a treatment plan)
- ❖ Dietary treatment (Healthy eating)
- ❖ Lifestyle treatment (Exercise)
- ❖ Drug treatment (HMG-Co A Reductase Inhibitors, Ezetimibe, Niacin, Fibrates, Dietary Supplements, Bile Acid Sequestrants, Teratogenicity)
- ❖ Genetic Counseling

### What are costs with dyslipidemia screening?

Most insurance plans cover this screening under the Affordable Care Act. Depending on your insurance plan your child may be able to get screened at no cost to you.

## Expanded Tobacco Intervention and Counseling

### Overview

Even though it may seem hard to quit smoking it is one of the most important things to do in order to stay healthy. If you quit smoking you will start to notice that you will feel better, your body starts to heal, and you will have much more energy. The leading cause of preventable deaths and diseases in the United States is smoking. Smoking can cause:

- ❖ Lung cancer or other cancers
- ❖ Heart disease
- ❖ Stroke
- ❖ COPD (chronic obstructive pulmonary disease) and other lung diseases
- ❖ Pregnancy problems
- ❖ Gum disease
- ❖ Vision loss
- ❖ Type 2 diabetes
- ❖ Rheumatoid arthritis

While is not healthy for anyone it is especially important for a pregnant woman not to smoke.

## How can you quit smoking?

Quitting smoking is not easy but a large number of people have done it. More than half of the people in the United States that smoked have quit. There are steps you can take to help you quit smoking. Some of these steps are:

- ❖ Making a list of the reasons you want to quit smoking.
- ❖ Setting a date and making a plan for quitting.
- ❖ Asking your friends, family, and coworkers to support you in quitting.
- ❖ Talking with your doctor about counseling or medication to quit.
- ❖ Calling 1-800-QUIT-NOW (1-800-784-8669) or visit [www.smokefree.gov](http://www.smokefree.gov) for free help.

## What are the costs associated with this counseling?

Insurance plans must cover some services to help people quit smoking under the Affordable Care Act. Depending on your insurance, you may be able to get these services at no cost to you. You can also get free help with quitting by calling 1-800-QUIT-NOW (1-800-784-8669) or by visiting [www.smokefree.gov](http://www.smokefree.gov).



## Fluoride Chemoprevention Supplements

### Overview

It is important to take care of your children's teeth. Your children's first teeth are important because they hold the space for their adult teeth. If you take care of your child's teeth it will help prevent cavities (tooth decay). Cavities (tooth decay) is when bacteria in our mouths turn the sugar from the foods we eat into acid, this acid then makes holes in our teeth. Cavities can cause:

- ❖ Pain
- ❖ Tenderness at chewing
- ❖ Embarrassment (not want to talk or smile)
- ❖ Create problems for when the adult teeth come in

## What can you do to protect your children's teeth?

There are many ways of helping your baby have healthy habits when it comes to their teeth. Some of these healthy habits are:

- ❖ Cleaning your children's teeth as soon as they start coming in.
- ❖ Show your child how to brush their teeth and have them do it twice a day.
- ❖ Use fluoride to protect your children's teeth.
- ❖ Give your children healthy, low-sugar foods and drinks.
- ❖ Make sure to take your child to the dentist regularly for checkups.

## What are fluoride chemoprevention supplements?

Fluoride is a mineral that helps prevent tooth decay. You can find fluoride in tap water, toothpaste, and some foods. If your child is not getting enough fluoride, you can ask your child's doctor for fluoride supplements. You can get these in drops or tablets. Your child must be at least 6 months old before they can start taking fluoride supplements.

## What are the cost of fluoride supplements?

If your child is between the ages of 6 months to 5 years old and your tap water does not have fluoride, then fluoride supplements are covered under the Affordable Care Act. Depending on your insurance, your child may be able to get these supplements at no cost to you.



## Gestational Diabetes Screening

### Overview

Gestational diabetes is a form of diabetes that some women get during pregnancy. Diabetes is when you have too much glucose (sugar) in your blood stream. Gestational diabetes can lead to health problems for mother and baby during and after pregnancy. Here are some examples of the problems you could face:

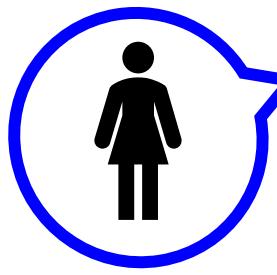
- ❖ Gestational diabetes during the pregnancy can make your baby grow larger than normal making for a difficult delivery and it is more likely you will have to have a c-section (cesarian delivery).
- ❖ Your child will be at risk of obesity during childhood.
- ❖ You are at risk of developing type 2 diabetes after pregnancy.

## How do you know if you have gestational diabetes and what happens if you have gestational diabetes?

Gestational diabetes testing is part of your regular prenatal care. Every pregnant woman should get the test between weeks 24 to 28 of pregnancy. If you have gestational diabetes talk with your doctor or midwife about the best course of action to protect you and your baby. One of the ways to stay healthy and lower your risk for gestational diabetes is by eating healthy and staying active before and during your pregnancy.

## What are the costs associated with this screening?

Most insurance plans cover gestational diabetes screening under the Affordable Care Act. You may be able to get tested at no cost to you depending on your insurance.



## Gonorrhea Screening and Preventive Medication

### Overview

Gonorrhea is a sexually transmitted disease (STD) that you get during vaginal, anal, or oral intercourse. If a woman is pregnant, she can pass the STD to her baby during birth. STDs are sometimes referred to as STIs (sexually transmitted infections).

### How do you know if you have an STD?

The only way to know if you have a STD is by getting tested. It is hard to know otherwise as many people do not feel sick or experience any symptoms at all. Talk to your doctor about getting tested if you suspect you might have an STD. Even if you do not suspect you have a STD you should still get tested if you are sexually active.

### Can gonorrhea be cured?

Gonorrhea can be cured with the right treatment. But if it is not treated it can cause serious health problems, like making it difficult or impossible for a woman to get pregnant. If you test positive for any STD it is important to let any of your sexual partners know they have to get tested as well.

### What are signs that you have gonorrhea?

Some people do not experience any symptoms when they have gonorrhea. Those that do experience symptoms may experience the following:

- ❖ **Women:** abnormal discharge (fluid) from the vagina, burning when urinating, bleeding between periods.
- ❖ **Men:** abnormal discharge from penis, burning when urinating, or swollen testicles (less common).

### How do you get tested for gonorrhea?

Your doctor or nurse can test your urine or in some cases they may take a sample from the vagina, penis, rectum, or throat. Testing for gonorrhea is quick and painless.

### What are the cost associated with this testing and counseling?

Under the Affordable Care Act some STD testing is covered and depending on your insurance you may be able to receive these services at no cost to you. To find out if you are covered talk to your insurance company.



## Hearing Screening

### Overview

A hearing screening is a test to tell if someone has hearing loss. This test is not painful at all and when testing babies most often they are sleeping while being screened.

### When should children get hearing screenings?

All newborn babies are screened before leaving the hospital. If your baby is not screened before leaving the hospital, they should be screened no later than their 1<sup>st</sup> month of birth. If there is any problem with your child's hearing test they should be screened again before they are 3 months of age. All children should get tested again once between the ages of 11 and 14, again between the ages of 15 and 17, and finally between ages 18 and 21.

### What are the costs associated with hearing screening?

Under the Affordable Care Act some screenings are covered in your insurance. Depending on your plan your child might be able to get screened at no cost to you. Check with your insurance plan to see what you are covered for.



## Hematocrit or Hemoglobin Screening

### Overview

You may be wondering what hematocrit and hemoglobin is. Hematocrit is the measurement of the amount of red blood cells as related to total blood cell count. Hemoglobin is a protein in the red blood cells. Both of these are used to diagnose anemia.

### When should children get hematocrit or hemoglobin screening?

It is recommended to get your children screened between the ages of 9 to 12 months. If your child is considered at risk, it is recommended that they get additional screening between the ages of 1 to 5 years old.

### How do you treat a child with low hematocrit or hemoglobin?

Iron supplements are recommended to treat low hematocrit or low hemoglobin. You can get iron over the counter or your doctor can write you out a prescription. Before you start giving your child iron make sure your doctor has diagnosed them with anemia.

### What are the costs associated with these screenings?

Screenings must be covered under the Affordable Care Act. Depending on your insurance your child might be able to get screened at no cost to you. Always check with your insurance carrier to see what you are covered for.



## Hemoglobinopathies or Sickle Cell Screening

### Overview

Hemoglobinopathies are inherited disorders in which there is an abnormal structure of the red blood cells. Sickle cell anemia is one of the disorders caused by abnormal red blood cells.

### Why should you get your child screened?

It is important for you to get your baby screened for these disorders because these conditions can affect the baby's long-term health or survival. If you get your child screened and they are found to have any of the disorders associated with hemoglobinopathy then you will be able to get referred to the correct healthcare services, treatment, and support groups to help you be able to manage the condition and improve your child's long-term health.

### What are the symptoms of this disorder?

There are several disorders that are caused by hemoglobinopathies. For sickle cell in particular some of the symptoms are:

- ❖ Anemia
- ❖ Pain
- ❖ Swelling of hands and feet
- ❖ Frequent infections
- ❖ Delayed growth or puberty
- ❖ Vision problems

There are also signs that you should look at and know when to take your child to the doctor immediately. These signs are:

- ❖ **Fever** – when some has sickle cell anemia, they are at higher risk of developing serious infections this might be a sign that your child might have an infection.
- ❖ **Episodes of severe pain** – severe pain in the abdomen, chest, bones, or joints without any reason.
- ❖ **Swelling of the hands or feet**
- ❖ **Abdominal swelling** – this is especially true if the are is tender when touched.
- ❖ **Pale skin or nail beds**
- ❖ **Yellow tint** – skin or white of the eyes.
- ❖ **Signs or symptoms of a stroke** – You should call 911 immediately if you notice paralysis on one side of the face, arms or legs, if you notice confusion, trouble talking or walking, and sudden vision changes or numbness.

### What are the cost associated with this screening?

Screenings must be covered under the Affordable Care Act.



## Hepatitis B and Hepatitis C Screening

### Overview

Hepatitis B and Hepatitis C are serious infections to the liver. You can get Hepatitis b or c by coming into contact with infected blood, or other body fluids.

### What are symptoms of hepatitis b and hepatitis c?

Some people do not experience any symptoms, but those that do experience symptoms may experience some of the following:

- ❖ Abdominal pain
- ❖ Yellowing of the eyes
- ❖ Dark urine
- ❖ Fatigue
- ❖ Loss of appetite
- ❖ Liver failure (chronic cases)
- ❖ Cancer (chronic cases)

### Who should get screened for hepatitis b and hepatitis c?

For hepatitis b it is recommended that unvaccinated people that are at risk for becoming infected get screened. What makes you at risk? Unvaccinated people who are at risk for hepatitis b are:

- ❖ Men who engage in sexual relations with other men.
- ❖ People who travel to countries where hepatitis b is common.
- ❖ Healthcare workers that care for people infected with hepatitis b.

With hepatitis c it the list of people that should be screened is a little more extensive. The people who should be screened for hepatitis c are:

- ❖ People born between 1945 and 1965 (transmission rates were higher).
- ❖ People who received a blood transfusion before July 1992.
- ❖ Has long-term dialysis.
- ❖ Uses or has ever used intravenous drugs.
- ❖ If you are a child of a mother who had hepatitis c.
- ❖ Healthcare workers who may be exposed to the virus at work.
- ❖ Have tattoos.
- ❖ Have body piercings.
- ❖ Have multiple sex partners.
- ❖ Men who have sex with other men.
- ❖ Have liver disease.
- ❖ Have HIV or AIDS.
- ❖ Received clotting factor concentrates made before 1987.

Just because you may fall into any of these categories does not mean that you have hepatitis c, it just means that you are at higher risk for infection.

## Hepatitis B and Hepatitis C Screening (continued)

### What are the costs associated with these screenings?

Insurance plans must cover hepatitis c and b screening for certain groups under the Affordable Care Act. You may be able to get screened at no cost to you depending on your insurance.



### HIV Screening

#### Overview

HIV (human immunodeficiency virus) is a virus that interferes with the ability of your body to fight off infections. The only way for you to know if you have HIV is by getting tested. Some people may have HIV and feel fine.

#### Who needs to get tested?

Anyone that is sexually active age 15 to 65 needs to get tested at least once, pregnant women. People at higher risk should get tested at least once a year. You are at higher risk if:

- ❖ You are a man that engages in sexual contact with men. (should get tested every 3 to 6 months)
- ❖ If you have sex with someone that has HIV.
- ❖ Use intravenous drugs.
- ❖ Have money in exchange for money and drugs. (prostitution)
- ❖ Have 1 or more new sex partners who could have HIV since your last test.

### What are the costs associated with this test?

Insurance plans must cover HIV testing under the Affordable Care Act. There is also free HIV testing available at some center and health clinics.



### Immunization Vaccines

#### Overview

Adults need to get vaccines (shots) the same as children. Always make sure that you are up to date on your vaccines because they help protect against diseases that could be serious. Even if you received all your vaccines as a child, make sure you get your adult shots as well. Shots don't just protect you, but they also protect the people around you.

#### What vaccines should I get?

- ❖ **Diphtheria:** caused by a bacterium and creates a thick coating of dead tissue in the nose and throat which make it hard to swallow.

## Immunization Vaccines (continued)

- ❖ **Hepatitis A**: it is a liver disease caused by a virus. The vaccine helps eliminate the risk of getting hepatitis a.
- ❖ **Hepatitis B**: a liver disease caused by a virus. There are two types of hepatitis b, Acute (short-term), and chronic (long-term). Getting your vaccines helps eliminate the risk of getting hepatitis b.
- ❖ **Herpes Zoster (Shingles)**: Herpes zoster is caused by the same virus that causes chickenpox. Once you have had chickenpox the virus stays dormant in your body, the wake-up years later and cause herpes zoster (shingles). Shingles can cause you to have:
  - Painful rash and blisters
  - Fever
  - Headache
  - Chills
  - Upset stomach

Shingles can cause someone who has never had chickenpox before and isn't vaccinated for chickenpox to get chickenpox, but not shingles.

- ❖ **Human Papillomavirus (HPV)**: this is a group of over more than 150 different viruses. A lot of people that have HPV show no symptoms. It is important to get vaccinated against HPV because some HPVs don't go away and can cause cancers such as:
  - Cervical cancer
  - Vaginal cancer (inside the vagina) or Vulvar Cancer (outside the vagina)
  - Penile cancer
  - Anal cancer or Rectal cancer
  - Oropharyngeal cancer (throat cancer)
- ❖ **Influenza (Flu)**: this is a virus. Getting the vaccine can lower the risk of getting the flu by half. Flu causes symptoms such as:
  - Fever and chills
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Muscle or body aches
  - Headache
  - Feeling tired
  - Nausea, vomiting, or diarrhea

## Immunization Vaccines (continued)

❖ **Measles**: this is a serious disease caused by a virus that used to be very common in the United States. Thanks to the measles vaccine, the number of cases in the United States has dropped over 99%. Measles can cause the following symptoms:

- Fever
- Rash
- Cough
- Runny nose
- Pink eye (mild)
- Ear infections
- Diarrhea
- Pneumonia
- Inflammation of the brain

Measles spreads through the air by someone who coughs or sneezes. It can live for up to 2 hours in the air.

❖ **Meningococcal**: this is caused by a bacterium. Even though some people get the germs that cause meningococcal disease they do not get sick. These people are called carriers. If someone does get meningococcal disease, they may get the following symptoms:

- **Meningitis** – inflammation of the brain and spinal cord membranes
  - Fever
  - Headache
  - Stiff neck
  - Sensitivity to light
  - Confusion
  - Upset stomach and vomiting
- **Septicemia** – infection of the bloodstream that causes bleeding into the skin and organs
  - Fever and chills
  - Feeling tired
  - Vomiting and diarrhea
  - Cold hands and feet
  - Severe aches and pains to the muscles, joints, chest, or stomach

In 1 of every 5 people that get meningococcal disease will suffer long-term disabilities. Meningococcal disease is spread through saliva or spit.

## Immunization Vaccines (continued)

❖ **Mumps**: a disease caused by a virus and was very common in the United States. Before the mumps vaccine was created everyone got the mumps during childhood. Thanks to the vaccine numbers have dropped by over 99%. Symptoms of the mumps are:

- Puffy cheeks and swollen jaw
- Fever
- Headache
- Muscle aches
- Feeling tired
- Loss of appetite
- Inflammation of the lining of the brain and spinal cord (less common)
- Hearing loss (less common)

❖ **Pertussis (Whooping Cough)**: caused by a bacterium and is named whooping cough because of the “whoop” sound people make when they have coughing fits. Over 200,000 children used to get whooping cough each year, but the numbers dropped significantly with the vaccine. There are early symptoms and symptoms that can last for as long as 10 weeks. These symptoms are:

### ➤ Early symptoms

- Runny nose
- Mild cough
- Low fever
- Apnea in babies

### ➤ Longer symptoms

- Long-lasting coughing fits followed by a high-pitched “whoop”
- Throwing up during or after coughing fits
- Feeling extremely tired after coughing fits
- Turning blue from not getting enough oxygen
- Loss of bladder control
- Broken ribs from coughing

Whooping cough can spread from person to person when someone who has it coughs or sneezes or when they are close to other people.

## Immunization Vaccines (continued)

❖ **Pneumococcal** – this is caused by a type of bacteria. Some people might get the germs that cause pneumococcal disease but not get sick or show any symptoms. These people are called “carriers.” Those that do get sick may get ear infections and sinus infections. Pneumococcal disease can also lead to other more serious infections such as:

➤ **Pneumonia** – lung infection that causes symptoms like:

- Fever and chills
- Cough
- Chest pain
- Trouble breathing
- Confusion and low alertness

➤ **Meningitis** – inflammation of the lining of the brain and spinal cord that causes symptoms like:

- Fever
- Headache
- Stiff neck
- Increased sensitivity to light
- Feeling confused

➤ **Bacteremia** – infection of the bloodstream that causes symptoms like:

- Fever
- Chills
- Low alertness

➤ **Sepsis** – the body's reaction to an infection causing symptoms like:

- Fast heart rate or low blood pressure
- Fever, chills, or feeling very cold
- Feeling confused
- Shortness of breath
- Severe pain or discomfort

Pneumococcal disease is spread through droplets in the air like when some coughs or sneezes.

## Immunization Vaccines (continued)

❖ **Rubella (German Measles)**: this is caused by a virus. This was a very common disease in the United States but thanks to the vaccine it is no longer present in the United States. It is important to get vaccinated for rubella because it is highly contagious and can cause serious complications especially for unborn children and their mothers. If a pregnant mother gets rubella, she can lose her baby, or they can have birth defects that will affect them for life. Rubella doesn't cause symptoms but when it does some symptoms are:

- Mild fever
- Headache
- Mild pink eye
- Swollen glands
- Feeling uncomfortable
- Cough
- Runny nose
- **More serious complications (less common):**

- Arthritis (joint pain and swelling)
- Brain infections
- Bleeding problems

❖ **Tetanus (Lockjaw)**: this is caused by a bacterium. Tetanus is often called "lockjaw" because one of its most common signs is painful tightening in the jaw muscles making it difficult to open the mouth, breathe or swallow. There are other symptoms as well which are:

- Headache
- Fever and sweating
- Stiff muscles
- Seizures
- High blood pressure and fast heart rate.

The vaccine has made tetanus rare, but people can still get it. The complications of tetanus are serious and, in some cases, deadly. Someone with tetanus can have trouble breathing and may suffer from painful muscle spasm that may be so strong they can break bones. Tetanus isn't contagious, you can't get it from kissing or touching. You are most likely to get tetanus from dirt, dust, and poop. The bacteria most often enters your body through broken skin such as a deep cut or wound, burns or dead skin.

## Immunization Vaccines (continued)

❖ **Chickenpox (Varicella):** this is caused by a virus that was a very common disease in the United States, but the vaccine is over 90% effective in reducing the number of people getting the disease. And because of the vaccine the people who do get it are getting a milder version of the disease. Some of the symptoms caused by chickenpox are:

- Red, itchy skin rash with blisters
- Fever
- Feeling tired
- Not feeling hungry
- Headache

You can get chickenpox by touching a person that has chickenpox or shingles blisters, or by breathing in the virus. The way that you can breathe in the virus is when someone with chickenpox or shingles scratches their blisters and release the virus into the air.



## Lung Cancer Screening

### Overview

Lung cancer is a cancer that starts in the lungs and is most often found in people that smoke. There are many factors that can contribute to lung cancer and some of them are:

- ❖ Smoking
- ❖ Secondhand smoke
- ❖ Exposure to certain toxins
- ❖ Family history.

### What are symptoms of lung cancer?

There are several symptoms of lung cancer although it is common for them not to appear until the cancer is more advanced. Some of the symptoms are coughing (often with blood), chest pain, wheezing, and weight loss.

### Who and when should you get screened for lung cancer?

Any adult aged 50 to 80 years old that have a 20 pack-year smoking history and is currently smoking or quit within the past 15 years should be screened annually with a low-dose computed tomography (LDCT).

### What are the cost associated with this screening?

Under the Affordable Care Act, insurance companies are required to cover the screening for people at risk. Contact your insurance company to see if you are covered.



## Obesity Screening and Counseling

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### Overview

Eating healthy and staying physically active is not just important for you as an adult but for your entire family including your children. Try maintaining a healthy weight by balancing the calories you eat and drink with the calories you burn. In order to lose weight, you need to burn more calories than you eat.

### How do you know if you are a healthy weight?

To know if you are at a healthy weight find out your Body Mass Index (BMI). Your Body Mass Index is a value comprised of your mass and height. The result of your BMI gives an idea of whether you have the correct weight for your height. Being overweight is not the only thing that can contribute to unhealthy weight. Being underweight is also a sign of not having a healthy weight. While carrying too much weight can cause health problems such as type 2 diabetes, high blood pressure and cardiovascular problems, carrying too little weight can cause health problems such as malnutrition, osteoporosis, and anemia.

### Setting Goals

The first step is promising to eat well, be more physical and get the support of friends and family. Next you need to set realistic goals such as:

- ❖ Losing 1 to 2 pounds a week.
- ❖ Adding 10 minutes of physical activity to your daily routine.
- ❖ Cut back on second helpings of meals.

One thing that can help you keep these goals is by keeping an activity diary. In this diary you would record information such as:

- ❖ What you eat
- ❖ When you eat
- ❖ Where you eat
- ❖ How much you eat
- ❖ Your physical activity
- ❖ How you are feeling

### Get Help

Talk to your doctor or nurse about different options to help you and your family get to and maintain a healthy weight. Your doctor might also want to test your for diabetes if you are overweight and between the ages of 40 and 70.

### What are the costs associated with this screening and counseling?

Under the Affordable Care Act obesity screening and counseling are covered in your insurance plan and might be able to get it at no cost to you.



## Phenylketonuria (PKU) Screening

### Overview

Phenylketonuria is an inherited birth defect that causes an inability to metabolize an amino acid called phenylalanine to build up in the body. If this defect is not treated it can lead to brain damage, intellectual disabilities, behavioral problems, or seizures. This is a very rare condition that has no cure but with treatment can help manage the condition.

### What are symptoms of PKU?

Normally newborns that have PKU do not show symptoms at first. Without treatment, babies will start to show symptoms within a few months. Some of these symptoms may be mild or severe and include:

- ❖ Musty odor in the breath, skin or urine
- ❖ Neurological problems that may include seizures
- ❖ Eczema (skin rashes)
- ❖ Fair skin and blue eyes because phenylalanine can't transform into melanin
- ❖ Microcephaly (abnormally small head)
- ❖ Hyperactivity
- ❖ Intellectual disabilities
- ❖ Delayed development
- ❖ Behavioral, emotional, and social problems
- ❖ Psychiatric disorders

### What are treatments for babies with PKU?

Babies with PKU can't process certain foods, because of that they have to take a special formula that makes up for the foods that they can't eat.

### What are the costs associated with screening and treatment of PKU?

Under the Affordable Care Act some newborn screening tests are covered. Depending on which insurance plan you have you may be able to get your newborn screened at no cost to you.



## Preeclampsia Prevention and Screening

### Overview

Preeclampsia is also called toxemia. If you are pregnant or planning to become pregnant talk to your doctor or midwife about your risk for developing preeclampsia.

## How to know if you have preeclampsia or if you are at risk?

Preeclampsia is a health condition that some pregnant women develop at about 20 weeks of pregnancy. Although preeclampsia is usually mild it could be very dangerous or deadly for both mother and child. A pregnant woman might have preeclampsia and not feel sick or have any physical symptoms. The most common sign of preeclampsia is high blood pressure. It is important to get your regular pregnancy checkups so that your doctor can monitor your blood pressure. You may be at risk for preeclampsia if:

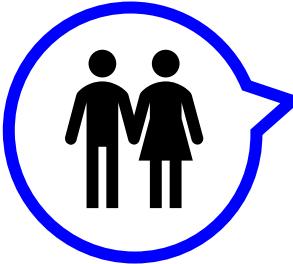
- ❖ Have had preeclampsia in previous pregnancies
- ❖ Pregnant with more than one baby
- ❖ Have history of long-term high blood pressure (HBP)
- ❖ Have type 1 or type 2 diabetes, kidney disease, or certain autoimmune diseases
- ❖ Pregnant for the first time
- ❖ Are obese
- ❖ Have family history of preeclampsia
- ❖ African American
- ❖ Are 35 years or older

## What are the costs associated with this screening?

These screenings are covered for pregnant women under the Affordable Care Act. Depending on your insurance you may be able to get screened at no cost to you.

## Statin Preventive Medication

### Overview



The medications called as statins are used to reduce the risk of heart attack and stroke by lowering cholesterol levels in the blood. People that should take statin are people that are aged 40 to 75, have high cholesterol, diabetes, high blood pressure, or if you smoke. While statins are recommended, they aren't right for everyone and they do have their pros and cons like any medication.

## What are side effects of statin medications?

People that are able to take statins normally tolerate the medication well. Even though they tolerate the medication they can have some side effects. The good thing is that most of the side effects will go away once your body starts adjusting to the medication. There are common side effects just like there are some more serious but rare side effects of statins.

The side effects of statin are the following:

❖ **Common**

- Headaches
- Nausea
- Muscle and joint pain

❖ **Rare (serious):**

- Increased blood sugar or type 2 diabetes
- Muscle cell damage
- Liver damage
- Memory problems

### **What are the cost for statin preventive medications?**

Many medications are covered under the Affordable Care Act. Contact your insurance to see if any medication you are taking or will be taking is covered.

## **Tuberculosis Screening**

### **Overview**



Tuberculosis (TB) is a serious infectious bacterial disease that affects the lungs. Tuberculosis can spread from person to person through the air when someone coughs or sneezes. Sometimes people can have tuberculosis but not feel sick this is called Latent Tuberculosis Infection (LTBI). Someone that has LTBI cannot pass it on to someone by coughing or sneezing, but if left untreated it can turn into active TB.

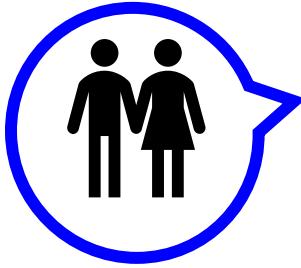
### **When should you get tested?**

Because not everyone that has tuberculosis feels sick the only way of knowing if you have it is by getting tested. You should talk to your doctor about getting tested if:

- ❖ You were born in or have lived in a country where tuberculosis is common (Mexico, Philippines, Vietnam, India, or China)
- ❖ Live or have lived in a large group setting (homeless shelter, prison)
- ❖ Have HIV or another condition that weakens your immune system

### **What are the costs associated with this screening?**

Under the Affordable Care Act many screenings are covered through health insurance. Contact your insurance carrier to see what you are covered for.



### Overview

A UTI or urinary tract infection is caused by an infection to some part of your body's urinary system. Most UTI's are caused by bacteria's. Parts of your body's urinary system are:

- ❖ Kidneys
- ❖ Ureters (the tubes that carry urine from your kidney to bladder)
- ❖ Bladder
- ❖ Urethra (the tube that carries urine from the bladder to outside your body)

During pregnancy UTI's are more common and frequent because of hormonal changes, and also because your growing uterus presses on your bladder and makes it difficult to let out all the urine. Leftover urine can be a source of infection as well.

### What are some of the symptoms of these infections?

There are several infections caused by your body's urinary system. UTI's and Kidney infections being the most common. The symptoms are as follows:

#### ❖ Urinary Tract Infection (UTI):

- Urgent need to urinate (peeing more often)
- Trouble urinating
- Burning sensation or cramps (lower back, lower belly)
- Burning when you urinate
- Cloudy urine or urine with an odor
- Blood in your urine (red, bright pink, cola-colored)

#### ❖ Kidney Infection:

- Fever
- Nausea
- Vomiting
- Upper back pain, often on just one side

If you are experiencing kidney infection symptoms, see your doctor right away as kidney infections without treatment can cause life-threatening conditions if the infection spreads into your blood stream.

### What are the costs associated with these screenings?

Prenatal tests are covered under the Affordable Care Act. Depending on which insurance you have you may be able to get screened at no cost to you.



## Vision Screening

### Overview

All children should have their vision checked at least once between the ages of 3 to 5, even if they are not exhibiting signs of vision problems. It is important to find and treat any eye problems to save your child's eyesight. A healthy eyesight is important to your child's development.

### What are eye problems children can have?

Some of the most common eyesight problems that can be treated if found early on are:

- ❖ **Amblyopia (lazy eye)**: this condition happens when the nerve path from one eye to the brain does not develop during childhood, therefore the abnormal eye sends the wrong image to the brain.
- ❖ **Strabismus (crossed eyes)**: this condition happens when both eyes don't line up in the same direction so the can't look at the same object at the same time.
- ❖ **Refractive Errors (farsighted & nearsighted)**: this condition happens when you have difficulty seeing clearly.

### How to know if your child is at risk for vision problems?

Your child is at risk to have vision problems if there is a family history of vision problems. Your doctor will check your child's eyes each visit starting at one years old during their well-child checkup. Once your child is 3 or 4 their doctor will do a more extensive eye exam to make sure your child's eyes are developing normally. If he notices anything out of the normal, he will refer your child to an eye doctor.

### What are the costs associated with this screening?

Insurance plans must cover vision screening for kids under the Affordable Care Act. Depending on your insurance your child might be able to get screened at no cost to you.



## Well-Woman Visits

### Overview

It is important for women to have well-women visits yearly. These visits are different than a sick or injury visit. The purpose of this visit is to focus on preventive services for women.

## What does a well-woman visit cover?

A well-woman visit covers preventive services such as:

- ❖ Shots – improve health by preventing diseases and other health problems
- ❖ Screenings – medical tests to check for diseases early when they are easier to treat
- ❖ Education & Counseling – help you make informed decisions
- ❖ Document your health history and habits
- ❖ Get a physical exam
- ❖ Set goals

## Take control

Getting your screenings is important for your health. There are certain screenings recommended for you at your well-woman visit. Some of these screenings are for:

- ❖ Certain types of cancer
- ❖ HIV and other STDs (sexually transmitted diseases)
- ❖ High Blood Pressure (HBP) and cholesterol
- ❖ Diabetes
- ❖ Osteoporosis
- ❖ Depression counseling
- ❖ Relationship violence counseling

## What are the costs associated with well-woman visits?

Most insurance plans cover at least one well-woman visit per year under the Affordable Care Act. Depending on your insurance carrier you might be able to get this visit at no cost to you.

## For more information about preventive services

You can learn more about preventive services by visiting the [Health Insurance Resource Center](#). You can also call 1-888-601-6334.

## Notes

## Notes

**Disclaimer:**

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