

healthy choices



live well. be well.

Annual Exam

Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare.

What will be checked?

Examples of possible tests include:

- Blood pressure
- Cholesterol screening
- Osteoporosis screening
- Blood glucose screening
- Body mass index (BMI)

Your provider will also review other screening tests that may be recommended for you, such as:

- Colonoscopy (beginning at age 50)
- Mammogram (beginning at age 40)
- Bone density (beginning at 60)

Immunizations

Age and risk appropriate immunizations should be updated according to your doctor.

Healthy Lifestyle

Your provider may review your diet, exercise regimen, and/or other issues

DON'T FORGET TO
SCHEDULE YOUR
ANNUAL EXAM
TODAY!



Need a Doctor?

Let us help you find the perfect doctor for you and your family.

- Visit www.655hw.org
- Click "Links"
- Click "Online Provider Directory" under "Meritain/Aetna"
- Enter a Doctor or Facility and a zip code or city/state in the "Search for" box and click "Search"
- Click "Continue without choosing a plan"
- When you find a Doctor or Facility that might work for you click on "See Accepted Plans"
- If you choose a **medical provider**, they must accept CMR
- If you choose a **mental health/substance abuse provider**, they must accept Aetna Choice POS II (Open Access)



Medication and Immunization

What is Medication Adherence?

Medication adherence is taking your medications exactly as directed by your healthcare provider. While taking medication may seem simple, it is a very common and complex problem.



TIPS for medication Adherence

- Take your medication at the same time every day.
- Set daily routines to take your medications.
- Keep a “**medicine calendar**” with your pill bottles and note each time you take a dose.
- Use daily dosing containers.
- Keep medications where you’ll see them.
- Tell your doctor if paying for medication is a problem.
- Make sure you understand how long to take your medication.



DISEASES

Vaccine preventable diseases currently include:

Shingles

Chickenpox

Diphtheria

Haemophilus influenzae type b

Hepatitis A

Hepatitis B

Influenza

Measles

Mumps

Pneumococcal Disease

Polio

Rotavirus

Rubella

Tetanus

Whooping Cough (Pertussis)



**KEEP
IMMUNIZING
UNTIL DISEASE IS ELIMINATED**