

# Services to Keep Adults from Getting Sick

MedStar Family Choice wants you to take care of your health. We also want you to sign up for health and wellness services we offer to you. Health and wellness services include screenings, counseling and immunizations.

## Recommendations for check ups (screenings)

Please make an appointment and go see your PCP at least one time every year for a check up. The list below tells you the types of things to talk with your PCP about during your check up.

### Adult screening recommendations

- Blood pressure and cholesterol (lipid disorder) screening
- Sexually transmitted diseases
- HIV/AIDS screening and testing
- Diabetes screening
- Tobacco use
- Alcohol and other drug use
- Depression
- Colorectal cancer (50 years and older)
- Obesity
- Hepatitis C

### Screenings for women only

- Breast cancer screening (mammogram)
- Cervical cancer (PAP test)
- Osteoporosis (post-menopausal women)
- HPV screening
- Chlamydia

### Screenings for men only

- Prostate cancer screening
- Abdominal aortic aneurysm

### Preventive counseling

Preventive counseling is available to help you stay healthy. You can get preventive counseling on:

- Diet and exercise
- Alcohol and drug use
- Smoking cessation
- HIV/AIDS prevention

### Adult immunizations

If you are an adult, you may need some immunizations (shots). Please talk to your PCP about which ones you may need.

