

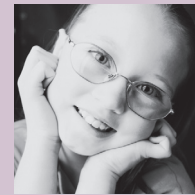
We want to make sure you and your family get the care you need and deserve. Please look at the services listed below and be sure you get these services. **Remember to talk with your Primary Care Doctor about these services.**

Child Health Services for ages Birth to 2 years old



Name of service	Why is this service important?	How often and at what ages is this service needed?
Well Baby Visit	These are check ups to make sure your baby is growing and developing in a healthy way. At this visit, your baby's doctor will conduct a physical exam. The doctor will measure your child's developmental skills. The doctor will also check if your baby is up to date on his or her shots.	Well Baby Visits are needed on or before your baby is 1 week old, 1 month old, 2 months old, 4 months old, 6 months old, 9 months old, 12 months old, 15 months old, 18 months old, and before 2 years old.
Immunizations (Shots)	Immunizations are shots that will protect your baby from dangerous diseases that can make your baby sick.	It is important that you make sure your baby has all the shots that are recommended by your baby's doctor. Please see the schedule on the back of this page. It lists all of the immunizations your child needs and at which ages the shots need to be given.
Lead Screening	This simple blood test will show if there is a harmful level of lead in your child's blood. Too much lead in the blood can cause serious health problems.	This screening should be done before age one and before age two.

Child/Young Adult Health Services for ages 3 to 19 years old



Name of service	Why is this service important?	How often and at what ages is this service needed?
Well Child Visit & Well Adolescent Visit	These are check ups to make sure your child is growing and developing in a healthy way.	At this visit, your child's doctor will conduct a physical exam. The doctor will measure your child's developmental skills. The doctor will also check if your child is up to date on his or her shots. A well child visit or well adolescent visit is recommended once every year for everyone in this age group.
Immunizations (Shots)	Immunizations are shots that will protect your child from diseases that can make your child sick.	It is very important that you make sure your child has all the shots that are recommended by your child's doctor. Please see the schedule printed on the back of this page. It lists all the immunizations your child needs and at which age the shots need to be given.
Gynecological Exam (For women only)	Your doctor will do a pelvic exam. This will include a PAP smear which is a test to detect for cervical cancer. The doctor will also do a breast exam to check for any lumps in your breasts. This exam is a very important part of staying healthy and keeping you from getting sick.	All females need this test within one year of becoming sexually active or at age 18 years old, whichever comes first. You need it once every year after that (unless your doctor tells you that you only need to have it once every three years instead of every year.)
Chlamydia Screening	This is a very simple test that should be done during your gynecological exam to test for Chlamydia. Chlamydia is a common sexually transmitted disease and if it is not caught, it can cause serious health problems. This test is important because there are often no symptoms with Chlamydia. It can be easily treated with antibiotics if found.	This screening should be done once every year between the ages of 16 to 24, and women age 25 and older if high risk.

2011 Childhood & Adolescent Immunization Schedule

Name of shot	At Birth	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	24 Months	2-3 Years	4-6 Years	11-12 Years
Hepatitis B	HepB	HepB		HepB							
Rotavirus		Rota	Rota	Rota							
Diphtheria/Tetanus/ Pertussis (DTaP/Tdap)		DTaP	DTaP	DTaP		DTaP				DTaP	Tdap
Haemophilus Influenza (Hib)		Hib	Hib	Hib	Hib						
Pneumococcal (PCV)		PCV	PCV	PCV	PCV						
Inactivated Polio (IPV)		IPV	IPV	IPV						IPV	
Influenza (Flu)				Influenza (Yearly)							
Measles/Mumps/ Rubella (MMR)					MMR					MMR	
Varicella (Var)					VAR					VAR	
Hepatitis A					HepA (2 doses)						
Meningococcal (MCV4)											MCV4
Human Papillomavirus (HPV)-female *ages11-26											HPV (3 doses)

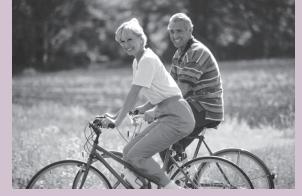
Please Note:

- If your child has not received these shots at the recommended ages, please ask your child's doctor how your child can get caught up with all the shots he or she may have missed.
- Meningococcal vaccine should be given at age 11-12 years. The vaccine may also be given to college freshmen living in dorms.

2011 Adult Immunization Schedule

Name of shot	19-49 Years	50-64 Years	> 65 Years
Tetanus/Diphtheria/ Pertussis (Td/Tdap)	1-time dose of Tdap; Td booster every 10 yrs		Td booster every 10 years
Varicella	2 Doses		
Influenza (Flu)	Needed once every year during this age range		
Pneumococcal	Ask your doctor if you need this shot		One dose
Zoster			One dose
Measles/Mumps/ Rubella (MMR) ages19-50	1 or 2 doses	Ask your doctor if you need an additional dose	
Human Papillomavirus (HPV)-female *ages11-26	3 doses		

Adult Health Services for ages 20 to 64 years old



Name of service	Why is this service important?	How often and at what ages is this service needed?
Physical Exam	This service is a very important part of staying healthy. At this exam, your doctor will look at your health history, give you a check up, and talk with you about any health concerns.	A physical exam is needed once every year for everyone in this age group.
Cholesterol Screening	This blood test will tell you and your doctor how much cholesterol is in your blood. Too much cholesterol in your blood can lead to a heart attack. If you have high cholesterol, your doctor will tell you how you can lower it.	Depending on your health, you may need to have your cholesterol checked every 1-5 years. Consider more frequent screening if you are at increased risk. Talk with your doctor to see what is best for you.
Blood Pressure Screening	This test will tell you if you have high blood pressure. High blood pressure increases your risk of heart attack and stroke.	This test should be done once every year during your physical exam.
Gynecological Exam (For Women Only)	At this exam, your doctor will do a pelvic exam. This will include a PAP smear which is a test to detect for cervical cancer. The doctor will also do a breast exam to check for any lumps in your breasts.	All women in this age group need a gynecological exam once every year. (Depending on your health, your doctor may tell you that you only need to have a PAP smear test every three years instead of every year.)
Mammogram (For Women Only)	This test is a special x-ray that can help tell if you have breast cancer or not. It is not a removal of any tissue or surgery.	Women ages 40 and older need a mammogram once every year. If you are less than 40 years old, talk with your physician about whether you may need one before age 40. Women should also check their breasts on their own, called a breast self exam, once every month.
Chlamydia Screening	This is a very simple test that should be done during your gynecological exam to test for Chlamydia. Chlamydia is a common sexually transmitted disease and if it is not caught, it can cause serious health problems. This test is important because there are often no symptoms with Chlamydia. It can be easily treated with antibiotics if found.	This screening should be done once every year between the ages of 16 to 24 years old, and women age 25 and older if high risk.
Prostate Cancer Screening (For Men Only)	This can help tell you if you have prostate cancer.	Age 50 - 65 years, shared decision-making for digital rectal examination (DRE) and/or prostate specific antigen (PSA) testing.
Colorectal Cancer Screening	These tests are designed to detect both early cancer and polyps.	Age 50-65 years: Fecal Occult Blood Test (FOBT) annually and/or sigmoidoscopy every 5 years; or colonoscopy every 10 years.
Immunizations (Shots)	Immunizations are shots that will protect you from dangerous diseases that can make you sick. It is important that you make sure you get all the shots that are recommended by your doctor.	Please see the schedule on page 2 of this booklet. It lists all of the immunizations you need as well as at which ages the shots need to be given.

References: 1) Center for Disease Control's Recommended Childhood/Adolescent/Adult Immunization Schedule, United States, 2011. 2) American Academy of Pediatrics, Recommendations for Preventive Pediatric Health Care Periodicity Schedule 2008; 3) U.S. Preventive Services Task Force, Guide to Clinical Preventive Services, 2010-2011. 4) Michigan Quality Improvement Consortium, Adult Preventive Services Guideline, 2009. 5) Michigan Quality Improvement Consortium, Routine Preventive Services for Children & Adolescents, 2009. 6) American Cancer Society Guidelines for the Early Detection of Cancer, 2011

Adult Health Services for ages 65 years old & older



Name of service	Why is this service important?	How often and at what ages is this service needed?
Physical Exam	At this exam, your doctor will look at your health history, give you a check up, and talk with you about any health concerns	A physical exam is needed at least every 2 years for everyone in this age group.
Cholesterol Screening	This blood test will tell you and your doctor how much cholesterol is in your blood. Too much cholesterol in your blood can lead to a heart attack. If you have high cholesterol, your doctor will tell you how you can lower it.	Depending on your health, you may need to have your cholesterol checked every 1-5 years. Talk with your doctor to see what is best for you.
Blood Pressure Screening	This test will tell you if you have high blood pressure. High blood pressure increases your risk of heart attack and stroke.	This test should be done once every year during your physical exam.
Mammogram (For Women Only)	This test is a special x-ray that can help tell if you have breast cancer or not.	Check with your doctor to see when to schedule your mammogram. Women should also check their breasts on their own, called a breast self exam, once every month. Shared decision-making with doctor after age 70.
Prostate Cancer Screening (For Men Only)	This can help tell you if you have prostate cancer.	Age 50 - 65 years, shared decision-making for digital rectal examination (DRE) and/or prostate specific antigen (PSA) testing.
Colorectal Cancer Screening	These tests are designed to detect both early cancer and polyps.	Age 50-65 years: Fecal Occult Blood Test (FOBT) annually and/or sigmoidoscopy every 5 years; or colonoscopy every 10 years.
Glaucoma Screening	This test can identify if there is damage to the optic nerve, which is a part of the eye. Damage to the optic nerve can lead to vision loss and blindness.	Every 2 years; Screen annually if high risk, have diabetes, and/or family history of glaucoma.
Immunizations (Shots)	Immunizations are shots that will protect you from dangerous diseases that can make you sick. It is important that you make sure you get all the shots that are recommended by your doctor.	Please see the schedule on page 2 of this booklet. It lists all of the immunizations you need as well as at which ages the shots need to be given.

Health Services for Pregnant Women



Name of service	Why is this service important?	How often and at what ages is this service needed?
Prenatal Check Ups	At these visits your doctor will listen to the baby's heart, measure your growing baby, do urine and blood tests, and check that you and your baby are healthy. Your doctor will also talk to you about what to expect during your pregnancy, delivery and after the baby is born. Make sure you call your doctor as soon as you think you are pregnant.	You need to see you doctor for a check up once every 4 weeks through your 28th week of pregnancy, then once every 2 weeks through your 36th week of pregnancy, and from your 36th week of pregnancy until you deliver, you need to see your doctor once every week. Check with your doctor to see what is best for you.
Post Partum Visit	This visit is for after you have your baby. Your doctor will check to make sure you are staying healthy since you had your baby. Your doctor will also talk with you about taking care of yourself and your new baby.	You should schedule this check up with your doctor 21-56 days after delivery.

References: 1) Center for Disease Control's Recommended Childhood/Adolescent/Adult Immunization Schedule, United States, 2011. 2) American Academy of Pediatrics, Recommendations for Preventive Pediatric Health Care Periodicity Schedule 2008; 3) U.S. Preventive Services Task Force, Guide to Clinical Preventive Services, 2010-2011. 4) Michigan Quality Improvement Consortium, Adult Preventive Services Guideline, 2009. 5) Michigan Quality Improvement Consortium, Routine Preventive Services for Children & Adolescents, 2009. 6) American Cancer Society Guidelines for the Early Detection of Cancer, 2011