

We want to make sure your child gets the care he or she needs and deserves. Please look at the services listed below and be sure your child gets these services. All of these services are free and all you have to do is call your child's doctor to set up a visit.

Child Health Services for ages Birth to 2 years old

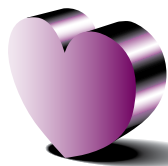


Name of service	Why is this service important?	How often and at what ages is this service needed?
Well Baby Visit	These are check ups to make sure your baby is growing and developing in a healthy way. At this visit, your baby's doctor will conduct a physical exam. The doctor will measure your child's 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 baby needs as well as 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 years old. Remember to talk with your Primary Care Doctor about these services.



2009 Childhood & Adolescent Immunization Schedule

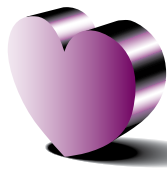
Name of shot	At Birth	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	24 Months	2-3 Years	4-6 Years	11-12 Years
Hepatitis B	HepB	HepB		HepB							
Rotavirus		Rota	Rota	Rota							
Diphtheria/Tetanus/ Pertussis (DTaP/Tdap)		DTaP	DTaP	DTaP		DTaP				DTaP	Tdap
Haemophilus Influenza (Hib)		Hib	Hib	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) *ages11-26											HPV (3 doses)

Please Note:

1. 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.
2. Meningococcal vaccine should be given at age 11-12 years. The vaccine may also be given at high school entry (age 15 years) and to college freshman living in dorms.

2009 Adult Immunization Schedule

Name of shot	19-49 Years	50-64 Years	> 65 Years
Tetanus/Diphtheria/ Pertussis (Tdap)	One dose every ten years		
Varicella	2 Doses		
Influenza (Flu)	Ask your doctor if you need this shot	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)	1 or 2 doses		Ask your doctor if you need an additional dose

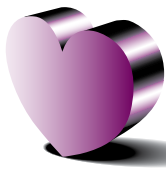


We want to make sure you get the care you need and deserve. Please look at the services listed below and be sure you and your family get these services. All of these services are free and all you have to do is call your doctor to set up a visit.

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. 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.
Prostate Evaluation (For Men Only)	This test can help tell you if you have prostate cancer or a health problem with your prostate.	Men ages 40 and older need a prostate evaluation once every year.
Digital Rectal Exam	This test will help show if you have any health problems related to your rectum and prostate (in men).	Men and women ages 40 and older need a Digital Rectal Exam once every year.
Fecal Occult Blood Test	This test will tell you if you have blood in your stool which can be a sign of a health problem.	Both men and women need a Fecal Occult Blood test at age 50 and then once every year thereafter.
Sigmoidoscopy/Colonoscopy	This test can tell you if you have colon cancer or any other health problems related to your colon.	Both men and women age 50 and older should have a Sigmoidoscopy once every 3-5 years or a Colonoscopy once every 3-10 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.



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 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. 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.	All women in this age group need a mammogram once every year. Women should also check their breasts on their own, called a breast self exam, once every month. Check with your doctor to see when to schedule your mammogram.
Prostate Evaluation (For Men Only)	This test can help tell you if you have a health problem with your prostate.	All men in this age group need a prostate evaluation once every year.
Digital Rectal Exam	This test will help show if you have any health problems related to your rectum and prostate (in men).	All men and women in this age group should have a Digital Rectal Exam once every year.
Fecal Occult Blood Test	This test will tell you if you have blood in your stool which can be a sign of a health problem.	All men and women in this age group should have a Fecal Occult Blood test once every year.
Sigmoidoscopy/Colonoscopy	This test can help tell you if you have colon cancer or any other health problems in your colon.	Both men and women should have a Sigmoidoscopy once every 3-5 years or a Colonoscopy once every 3-10 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.

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 your 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.