



Guide to Staying Healthy



Empowered

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 physician about these services.**

Health Service for Ages Birth to 24 Months

Name of service	Why is this service important?	How often and at what ages is this needed?
Well-baby visit	These are checkups 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 their 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 age two.
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 1 and before age 2.

Child and Young Adult Health Services for Ages 2 to 19 Years Old

Name of service	Why is this service important?	How often and at what ages is this needed?
Well-child visit and well-adolescent visit	These are checkups 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 ages the shots need to be given.
Chlamydia screening	This is a very simple test that should be done during a 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. Women age 25 and older should also get a screening if they are high risk.

Childhood and 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	13-15 years	16-18 years
Hepatitis B	HepB	HepB		HepB									
Rotavirus (RV1) two-dose series (RVS) three-dose series		RV	RV	*see foot-note 1									
Diphtheria/tetanus/pertussis (DTaP/Tdap)		DTaP	DTaP	DTaP		DTaP				DTaP	DTaP		
Haemophilus Influenza (Hib)		Hib	Hib	Hib	Hib								
Pneumococcal conjugate (PCV13)		PCV13	PCV13	PCV13	PCV13								
Inactivated poliovirus (IPV)		IPV	IPV	IPV					IPV				
Influenza (flu)				Annual vaccination									
Measles/mumps/rubella (MMR)					MMR					MMR			
Varicella (VAR)					VAR					VAR			
Hepatitis A (Hep A)				HepA two-dose series									
Meningococcal											Dose 1		Booster age 16
Human papillomavirus (HPV) males and females											HPV (three-dose series)		

¹If Rotavirus (RV1) is used, administer a two-dose series at 2 and 4 months of age. If RotaTeq® (RVS) is used, administer a three-dose series at ages 2, 4 and 6 months.

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.

Adult Immunization Schedule

Name of shot	19-49 years	50-64 years	> 65 years
Tetanus/diphtheria/pertussis (Td/Tdap)	Substitute one-time dose of Tdap for Td booster; then boost with Td every 10 years		
Varicella	2 doses		
Influenza (flu)	1 dose annually		
Pneumococcal	Ask your doctor if you need this shot		1 dose
Zoster			1 dose
Measles/mumps/rubella (MMR)	1 or 2 doses		
Human papillomavirus (HPV) males and females ages 11-26	3 doses if not previously vaccinated		

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?
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. Talk with your doctor to see what is best for you.
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. 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 at high risk.
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 one to five years. Consider more frequent screening if you are at increased risk. Talk with your doctor to see what is best for you.
Colorectal cancer screening	These tests are designed to detect both early cancer and polyps.	Beginning at age 50, men and women should discuss these tests with their doctor: fecal occult blood test annually and sigmoidoscopy every five years or colonoscopy every 10 years. Talk with your doctor to see what is best for you.
Gynecological exam (for women only)	At this exam, your doctor will do a pelvic exam. This may include a Pap smear, 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 to five years instead of every year. Talk to your doctor to see what is best for you.
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 second page of this brochure. It lists all of the immunizations you need as well as at which ages the shots need to be given.
Mammogram	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 50 and older need a mammogram once every year. If you are less than 50 years old, talk with your doctor about whether you may need one before age 50. Women should also check their breasts on their own - a breast self-exam - once every month. Talk to your doctor and make an informed decision about whether mammography is right for you based on your family history, general health and personal values.
Physical exam	This service is very important to staying healthy. At this exam, your doctor will look at your health history, give you a checkup and talk with you about any health concerns.	A physical exam is needed once every year for everyone in this age group.
Prostate cancer screening (for men only)	This can help tell you if you have prostate cancer.	Starting at age 50, men should talk to a doctor about the pros and cons of testing so they can decide if testing is the right choice for them.

Sources:

Center for Disease Control, recommended childhood, adolescent and adult immunization schedules, United States, 2017. **American Academy of Pediatrics**, “Recommendations for Preventive Pediatric Health Care,” 2015. **U.S. Preventive Services Task Force**, “Guide to Clinical Preventive Services,” 2016. **Michigan Quality Improvement Consortium**, adult preventive services guidelines, 2016. **Michigan Quality Improvement Consortium**, routine preventive services for children and adolescents, 2015. “**American Cancer Society Guidelines for the Early Detection of Cancer**,” 2016.

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Adult Health Services for Ages 65 Years and Older

Name of service	Why is this service important?	How often and at what ages is this needed?
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. Talk with your doctor to see what is best for you.
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 one to five years. Talk with your doctor to see what is best for you.
Colorectal cancer screening	These tests are designed to detect both early cancer and polyps.	Beginning at age 50, men and women should discuss these tests with their doctor: fecal occult blood test annually and sigmoidoscopy every five years or colonoscopy every 10 years. Talk with your doctor to see what is best for you.
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.	Screen annually if you are high risk, have diabetes, or have a 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 the second page of this brochure. It lists all of the immunizations you need as well as at which ages the shots need to be given.
Mammogram	This test is a special X-ray that can help tell if you have breast cancer or not.	Biennial screening mammography for women aged 50 to 74 years. Check with your doctor to see when to schedule your mammogram. Women should also check their breasts on their own - a breast self-exam - once every month. Shared decision-making with doctor after age 75.
Physical exam	At this exam, your doctor will look at your health history, give you a checkup and talk with you about any health concerns.	A physical exam is needed every one to three years according to risk status.
Prostate cancer screening (for men only)	This can help tell you if you have prostate cancer.	Starting at age 50, men should talk to a doctor about the pros and cons of testing so they can decide if testing is the right choice for them.

Health Services for Pregnant Women

Name of service	Why is this service important?	How often and at what ages is this needed?
Prenatal checkups	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 checkup once every four weeks through your 28th week of pregnancy, then once every two weeks through your 36th week of pregnancy. 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.
Postpartum visit	This visit occurs 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 checkup with your doctor 21 to 56 days after delivery.

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