

PREVENTIVE CARE

WE ARE HERE TO HELP YOU TAKE CHARGE OF YOUR HEALTH



ALAMEDA
Alliance
FOR HEALTH

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to help you get the care you need to be well. As your health partner, we created this care book. We hope it helps you stay healthy.

Best of Health,
Alliance Health Programs

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IN THIS CARE BOOK...

You will learn how you can stay healthy at every age through checkups, vaccines, and screenings. You can use this guide to talk to your doctor.

Preventive care is the healthcare you get to prevent disease and other health concerns. This includes seeing your doctor at checkups (well-care visits) to talk about your health and get the vaccines and screenings you need. Vaccines (shots) protect you from certain diseases. Screenings (tests) are done to catch and treat disease early. **Please talk to your doctor or nurse about any questions or concerns about your preventive care.**



Read about Mr. J to learn why checkups are so important:

Mr. J is 40 years old. He saw his doctor for his checkup and talked to her about his weight and being more active. He learned he was due for a blood sugar check and a flu shot. After the assistant gave him a flu shot, he went to the lab to get his blood drawn.

A few days later, his doctor called and said his blood sugar was a little high, which could put him at risk for type 2 diabetes. However, being more active could help him lower it. She also gave him a few tips about eating healthy. They plan to see how he is doing in a few months. Mr. J is glad he can do something now to keep from getting diabetes later!



PREVENTIVE CARE AGES 0 TO 21



CHECKUPS

You can use this guide to talk to your doctor about the many ways children and youth can grow up healthy. Bring your questions or concerns with you, and tell your or your child's doctor about them at the start of the visit. The doctor will also talk to you about growth, development, vaccines, and more.

How often should you go?

Doctors recommend that children have checkups at these ages:



Well-Baby Visits

- 3 to 5 days
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months

Well-Child Visits

- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- Every year after age 3

Please visit the doctor within **4 months (120 days)** after you or your child become an Alliance member.



The doctor will talk to you about:

- Blood pressure and pulse
- Development and behavior
- Emotional well-being
- Healthy eating and being active
- Height, weight, and Body Mass Index (BMI)
- Medical history
- Safety
- Tobacco products including e-cigarettes, dangers of being around smoke
- Vision and hearing
- And any other health concerns

Do you smoke or vape? It's never too late to quit. Quitting can help you protect your family and keep your home smoke-free. You can work with your doctor to create a quit plan or call Kick It California (formerly California Smokers' Helpline) toll-free at **1.800.300.8086**.





SCREENINGS

At the visits the doctor will do screenings to check for any health issues so that they can be caught and treated early.

SCREENINGS

AGES 0 TO 9 MONTHS

Newborn Testing	Tests for blood, jaundice, and heart defects.
Maternal Depression	Mom's mood is assessed when the baby is 1 month to 6 months old.
Dental Health	The doctor checks your child's teeth and can help refer you to a dentist at 6 and 9 months. Fluoride varnish to protect the teeth is applied from 6 months to 5 years old. The doctor may prescribe fluoride starting from 6 months.

These guidelines were derived from the Bright Futures/American Academy of Pediatrics periodicity schedule and the U.S. Preventive Services Task Force Recommendations.



SCREENINGS (continued)**AGES 1 TO 11 YEARS**

Iron: Carries oxygen in red blood cells.	Blood test at 12 months and as needed.
Autism Spectrum Disorder (ASD): Affects social and communication skills.	ASD screening at 18 and 24 months .
Lead: Metal that can cause poisoning.	Blood test at 12 months, 24 months , or as needed.
Heart Health	Test for amount of fat in the blood at 9 to 11 years old and as needed.

AGES 12 TO 21 YEARS

Depression	Screening for depression starts at age 12 .
Heart Health	Test for amount of fat in the blood at ages 17 to 21 and as needed.
Hepatitis C: Virus that infects the liver. It is spread through blood or sexual contact.	One-time screening if you are age 18 and over .
Sexual Health	Tests for diseases passed through sexual contact (STDs) if at risk. Pap smear for women at age 21 .
Tobacco, Alcohol, and Drug Use	The doctor asks and counsels about any substance use.



The doctor will decide if other screenings are needed:

- Hepatitis B (liver disease) screening
- TB (tuberculosis, a lung disease) screening

These are only guidelines. The doctor may decide if there is a need for more or less frequent screenings and vaccines. If you need help finding a doctor, please call the Alliance Member Services Department at **1.510.747.4567**.

Resources (English and Spanish)

- Health advice for parents on development, eating, safety, and more:
www.healthychildren.org
www.kidshealth.org



VACCINES



The schedule below shows which vaccines all children need. The table describes the diseases the vaccines will protect against. Your doctor may decide that other vaccines are needed.

VACCINES

Birth	2 months	4 months	6 months	12 months	15 months	18 months
Hep B	DTaP	DTaP	DTaP	Hep A	DTaP	Hep A
	Polio	Polio	Polio	MMR		
	Pneumococcal	Pneumococcal	Pneumococcal	Pneumococcal		
	Hib meningitis	Hib meningitis	Hib meningitis	Hib meningitis		
	Rotavirus	Rotavirus	Rotavirus	Chickenpox		
	Hep B		Hep B			

6 months and older

COVID-19 vaccine
Flu vaccine every fall

Ages 4 to 6	Ages 11 to 12	Age 16
DTaP, Polio, MMR, Chickenpox	Tdap, HPV, Meningococcal	Meningococcal
Ages 19 to 21		
Hep B		

If you have not had Tdap, MMR, Chickenpox, or HPV vaccines, please ask your doctor which ones you need to get.

These guidelines were derived from the California Public Health Immunization Branch and Centers for Disease Control and Prevention Immunization Schedules.

Below are the diseases the vaccines can prevent:

Disease	What it is
Chickenpox (Varicella)	Virus that causes blisters.
Diphtheria, Tetanus, Pertussis (DTaP or Tdap)	Diphtheria makes it hard to breathe. Tetanus, or lockjaw, causes muscle spasms. Pertussis is also known as whooping cough.
Hepatitis (Hep) A and B	Two types of viruses that infect the liver.
Hib meningitis	Infects nervous system, blood, lungs, and throat.
Human papillomavirus (HPV)	Passed through sexual contact. Can cause cancer.
Influenza (Flu)	Infects nose, throat, and lungs.
Measles, Mumps, Rubella (MMR)	Can cause lasting health problems.
Meningococcal	Infects nervous system and blood.
Pneumococcal	Infects lungs, nervous system, and blood.
Polio	Infects nervous system.
Rotavirus	Infects intestines.
COVID-19	Virus spread through droplets in the air. Causes mild to severe illness.

Need more information?

Your doctor or clinic will give you Vaccine Information Statements to read.

For more information call or visit:

Centers for Disease Control and Prevention Hotline

Toll-Free: **1.800.CDC.INFO (1.800.232.4636)**

www.cdc.gov/vaccines

U.S. Department of Health and Human Services

www.vaccines.gov

PROTECT YOUR LITTLE ONE WITH IMMUNIZATIONS

Why are immunizations important?

Immunizations (also called shots, boosters, or vaccines) prevent disease by making the immune system stronger. Vaccines save thousands of lives each year. They have been so successful that many parents have never seen most of the illnesses that vaccines prevent – but these diseases still exist. Your child needs immunizations to be protected from them.



Are they safe?

Yes, vaccines are very safe and effective. Sometimes children get mild reactions to the shots, like fever, a sore arm or leg, or swelling where the shot was given. Your doctor or nurse can talk about the risks with you before your children get their shots.

What you can do:

1. Start your baby's shots on time – at birth.
2. Make sure your child stays on schedule.
3. Bring your child's yellow Immunization Record to every doctor visit.
4. Comfort your child by:
 - ✓ Allowing your child to cry
 - ✓ Breastfeeding your baby during and after shots
 - ✓ Bringing a familiar toy or blanket to use to distract and comfort your child
 - ✓ Holding your child
 - ✓ Staying calm yourself
 - ✓ Talking in a soothing voice or singing

Source: California Department of Public Health Immunization Branch.

PREVENTIVE CARE:
AGES 0 TO 21

journal

*Please use this section to take notes about
your or your child's progress and any
questions that you want to ask your doctor.*

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AGES 0 TO 21
JOURNAL

“ *A person, who never made a mistake, never tried anything.* ”

– Albert Einstein



NOTES

PREVENTIVE CARE AGES 22 TO 64



CHECKUPS

You can use this guide to talk with your doctor about the many ways you can stay healthy. Bring your questions and concerns with you and tell your doctor about them at the start of your visit.



How often should you go?

- Schedule a checkup **every year**.
- Please visit your doctor within **4 months (120 days)** after you become an Alliance member.



**Your doctor will talk to you about your:**

- Blood pressure and pulse
- Height, weight, and Body Mass Index (BMI)
- Medical history
- Tobacco use, dangers of secondhand smoke

**You can talk to your doctor about:**

- Alcohol or drug use
- Dental health
- Depression and emotional well-being
- Family planning and sexual activity
- Feeling safe with your partner
- Folic acid if you are or may become pregnant
- Food, housing, and other needs
- Healthy eating and exercise
- Safety (including seat belt and helmet use)

Do you smoke? It's never too late to quit. Quitting can help you breathe better, have increased energy, and live longer! You can work with your doctor to create a quit plan or call Kick It California (formerly California Smokers' Helpline) toll-free at **1.800.300.8086**.

These guidelines were derived from the U.S. Preventive Services Task Force Recommendations and Centers for Disease Control and Prevention Immunization Schedules.



 **SCREENINGS**

Screenings can catch health issues early when they are easier to treat.

On the table below, find the column with your age group and see which screenings you might need in the shaded boxes.



SCREENINGS

	Ages 22 to 39	Ages 40 to 49	Ages 50 to 64
Cervical Cancer: Cancer of the lower part of the uterus (womb).	Pap test every 3 years for women ages 21 to 65 who have a cervix. Or every 5 years for women ages 30 to 65 with either HPV test alone or both HPV test and Pap test.		
Hepatitis C: Virus that infects the liver. It is spread through blood or sexual contact.	One-time Hepatitis C screening.		
Sexually Transmitted Diseases (STDs): Diseases passed through sexual contact.	HIV screening up to age 65 . Chlamydia and gonorrhea testing for women up to age 24 who have sex.		
Diabetes: Disease that causes high blood sugar.	Begin screening at age 35 if you are overweight.		
Cholesterol: Amount of fat in the blood. High levels can lead to heart disease.		Begin screening at age 40 .	

SCREENINGS (continued)

	Ages 22 to 39	Ages 40 to 49	Ages 50 to 64
Colorectal Cancer: Cancer of the lower digestive system.		Begin testing at age 45 . Talk to your doctor about how often and what types of tests.	
Mammogram: Screening to find breast cancer.			Mammogram for women every 2 years starting at age 50 . (You may choose to begin at age 40 .)
Prostate Cancer: Cancer of the gland below a man's bladder.			Men ages 55 to 69 , talk to your doctor before you decide to get tested.

You can talk to your doctor about which other screenings you might need:

- Bone screening – for postmenopausal women at increased risk for fractures.
- Genetic screening – for women with family history of breast and other cancers.
- Hepatitis B or C screening.
- Lung cancer screening – for current or past smokers who are at high risk.
- STD screening.
- TB screening – for tuberculosis, a lung disease.



VACCINES

Vaccines can protect you from certain diseases. On the table below, find the column with your age group and see which vaccines you might need in the shaded boxes.

VACCINES

	Ages 22 to 39	Ages 40 to 49	Ages 50 to 64
Human Papillomavirus (HPV): Passed through sexual contact. Can cause cancer.	HPV vaccine up to age 26 , if you have not finished the series (2 to 3 doses). If you are 27 to 45 years old, speak to your doctor.		
Flu: Caused by viruses that can infect the nose, throat, and lungs.	Flu vaccine each year , by the end of October is recommended.		
COVID-19: Virus spread through droplets in the air. Causes mild to severe illness.	COVID-19 vaccine as recommended by your doctor.		
Tetanus/Diphtheria/Pertussis: 3 diseases caused by bacteria.	Tdap vaccine if you have not had it. Booster every 10 years .		
Hepatitis B: Virus that infects liver.	Adults ages 19 to 59 complete a 2, 3, or 4-dose series.		
Shingles Zoster: Virus that can cause Shingles (painful, itchy blisters).			Zoster vaccine (2 doses) if you are ages 50 and over .

You can talk to your doctor about which other vaccines you might need:

- Chickenpox
- Measles, Mumps, and Rubella (MMR)
- For details, please visit www.cdc.gov/vaccines/schedules/easy-to-read

These are only guidelines. Your doctor may decide if you need more or less frequent screening and vaccines. If you need help finding a doctor, please call the Alliance Member Services Department at **1.510.747.4567**.

PREVENTIVE CARE:
AGES 22 TO 64

journal

*Please use this section to take notes about
your progress and any questions that you
want to ask your doctor.*

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“ No one is ever strong enough that they don't need help. ”

– Cesar Chavez



PREVENTIVE CARE AGES 65 AND OLDER



CHECKUPS

You can use this guide to talk with your doctor about the many ways you can stay healthy. Bring your questions and concerns with you and tell your doctor about them at the start of your visit.



How often should you go?

- Schedule a checkup **every 1 to 3 years**.
- Please visit your doctor within **4 months (120 days)** after you become an Alliance member.



Your doctor will talk to you about your:

- Blood pressure and pulse
- Height, weight, and BMI (Body Mass Index)
- Medical history
- Tobacco use, secondhand smoke
- Vision and hearing

These guidelines were derived from the U.S. Preventive Services Task Force Recommendations and Centers for Disease Control and Prevention Immunization Schedules.



You can talk to your doctor about:

- Alcohol or drug use
- Dental health
- Depression and emotional well-being
- End-of-life care planning
- Food, housing, and other needs
- Healthy eating and exercise
- How to prevent falls
- Life-stage issues (aging, grief)
- Sexual activity

Do you smoke? It's never too late to quit. Quitting can help you breathe better, have increased energy, and live longer! You can work with your doctor to create a quit plan or call Kick It California (formerly California Smokers' Helpline) toll-free at **1.800.300.8086**.





SCREENINGS

Screenings can catch health issues early when they are easier to treat.

On the table below, find the column with your age group and see which screenings you might need in the shaded boxes.

SCREENINGS

	Ages 65 to 70	Ages 71 to 75	Ages 76+
Diabetes: Disease that causes high blood sugar.	Test up to age 70 if you are overweight.		
Prostate Cancer: Cancer of the gland below a man's bladder.	For men up to age 69 , talk to your doctor before you decide to get tested.		
Cholesterol: Amount of fat in the blood. High levels can lead to heart disease and stroke.	Test up to age 75 .		
Colorectal Cancer: Cancer of the lower digestive system.	Test up to age 75 . Talk to your doctor about types of tests needed and how often.		
Mammogram: Screening to find breast cancer.	Mammogram for women every 2 years up to age 74 .		
Hepatitis C: Virus that infects the liver. It is spread through blood or sexual contact.	One-time Hepatitis C screening up to age 79 .		
Osteoporosis: Disease that weakens the bones.	Test women ages 65 and over .		



VACCINES

Vaccines can protect you from certain diseases. The table lists vaccines that you might need.

VACCINES

Disease	Vaccine
Chickenpox (Varicella): Virus that causes blisters.	Chickenpox vaccine as ordered by your doctor.
COVID-19: Virus spread through droplets in the air. Causes mild to severe illness.	COVID-19 vaccine as recommended by your doctor.
Flu: Caused by viruses that infect the nose, throat, and lungs.	Flu vaccine each year , by the end of October is recommended.
Pneumococcal: Bacteria that can infect lungs, nervous system, blood.	Pneumococcal vaccine if you are ages 65 and older .
Shingles Zoster: Virus that can cause Shingles (painful, itchy blisters).	Zoster vaccine if you have not had it.
Tetanus/Diphtheria/Pertussis: 3 diseases caused by bacteria.	Tdap vaccine if you have not had it. Booster every 10 years .

You can talk to your doctor about which other screenings or vaccines you might need:

- Abdominal aortic aneurysm (enlarged blood vessel) screening – for men who have smoked.
- Hepatitis B or C screening.
- Lung cancer screening – for current or past smokers at high risk.
- STD screening – for diseases passed through sexual contact.
- TB screening – for tuberculosis, a lung disease.
- Other vaccines – for details, visit www.cdc.gov/vaccines/schedules/easy-to-read.

These are only guidelines. Your doctor may decide if you need more or less frequent screenings and vaccines. If you need help finding a doctor, please call the Alliance Member Services Department at **1.510.747.4567**.

**PREVENTIVE CARE:
AGES 65 AND OLDER**

journal

*Please use this section to take notes about
your progress and any questions that you
want to ask your doctor.*

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NEVER LOOK DOWN ON ANYBODY UNLESS YOU'RE HELPING THEM UP.

– Jesse Jackson



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Questions? Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577** • Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

www.alamedaalliance.org