

# Be Happy, Be Healthy!



CareSource wants to make sure you are happy and healthy. There are several health activities you can do to make sure you stay healthy. The chart below lets you know what care or screening you may need for someone your age.

However, your doctor will know exactly what preventive health activities you need and are right for you based on your health history.

## HIP Basic or HIP State Plan Basic

If you have money left in your Personal Wellness and Responsibility (POWER) account at the end of your benefit period and get the recommended preventive services, you will have the option to receive HIP Plus benefits in the future at a reduced monthly cost to you. If you DO NOT get preventive care, but have money that you contributed to the account left over,

these funds will be applied as a credit and you will have the option to receive HIP Plus. However, your credit will be subject to a 25% penalty since you did not maintain your HIP Plus enrollment. This process will happen 120 days after your benefit period has ended.

## HIP Plus or HIP State Plan Plus

If you have money left in your POWER account at the end of your benefit period and get the recommended preventive services, you will be eligible to have your leftover funds doubled. This may result in you receiving your HIP Plus benefits at a much lower or no cost to you in the current benefit period. If you DO NOT get the preventive care you need, part of the money left in your POWER account will be rolled over, but it will not be doubled.

Recommended Activities	20s	30s	40s	50s	60 & Older
Annual Physical Exam	√	√	√	√	√
Cervical Cancer Screen	√	√	√	√	√
Cholesterol Screen	√	√	√	√	√
Dental Exam (HIP Plus only)	√	√	√	√	√
Eye Exam (HIP Plus only)	√	√	√	√	√
Flu Shot	√	√	√	√	√
Td Booster	√	√	√	√	√
Chlamydia Screen	Under 25				
Diabetes Screen			√	√	√
Breast Cancer Screen				√	√
Colon Cancer Screen				√	√
Pneumococcal Vaccine					√
Shingles Vaccine					√

**Annual Physical Exam:** It is important to get a check-up from your doctor at least once every year. This is true even if you feel healthy.

**Cervical Cancer Screen:** From age 21 to 30, get a Pap test once each three years if you have a cervix. Women between the ages of 30 to 65 should get a Pap test once every five years if they also have a normal HPV test. After age 65, most women who have not been diagnosed with cervical cancer can stop having Pap tests if they have had 3 negative tests within the last 10 years.

**Cholesterol Screen:** Get your cholesterol checked starting at age 20. If your level is within normal limits, get checked every 5 years. No matter your age, if your cholesterol level is not within normal limits, if you have diabetes, heart disease, kidney problems, or if you experience changes in your weight or diet your doctor may want to check your cholesterol more often.

**Dental Exam:** Get your teeth cleaned at least once a year.

**Eye Exam:** Get your eyes checked once every two years. Ask your doctor if you need your eyes checked more often.

**Flu Shot:** It is recommended that most adults get the flu shot every year.

**Td Booster:** You should get a tetanus and diphtheria (Td) booster once every 10 years.

*Source: USPSTF, MedLine Plus, CDC*

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如果您需要与一位翻译交谈,请拨打您的会员 ID 卡上的会员服务电话号码。

**Chlamydia Screen:** Women younger than 25 years old should be screened for chlamydia every year, or as directed by their doctor.

**Diabetes Screen:** Those 44 years of age or older and in good health should get screened every 3 years. No matter your age, if you are overweight (BMI over 25) or have high blood pressure, your doctor may screen you for diabetes. All Asian Americans should be screened if their BMI is over 23.

**Breast Cancer Screen:** Women between the ages of 50 to 75 should get a mammogram, an x-ray of your breasts, at least once every two years. If you are younger than 50, your doctor may recommend getting screened if you have a strong family history of breast cancer.

**Colon Cancer Screen:** Between ages 50 and 75, get screened for colorectal cancer. Talk with your doctor about the best screening for you. If you are younger than 50, your doctor may recommend getting screened if you have a strong family history of colon cancer or other factors.

**Pneumococcal Vaccine:** If you are 65 or older you should have the pneumonia vaccine. If you are younger and have certain other conditions, your doctor may recommend it.

**Shingles Vaccine:** If you are older than 60, talk with your doctor about getting the shingles vaccine. Those with a weak immune system should not get the vaccine.