

Be Happy, Be Healthy!



CareSource wants to make sure you are happy and healthy. There are several health activities your health care provider can give you to make sure you stay healthy. Look at the chart below to see which health activities are recommended for someone your age.

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

If you would like help finding a doctor, or if you need transportation to and from your appointment, contact Member Services at **1-844-607-2829** (TTY: 1-800-743-3333 or 711). Please call to arrange a ride at least 48 hours before your appointment.

Recommended Screening	20s	30s	40s	50s	60 & Older
Annual Physical Exam	√	√	√	√	√
Cervical Cancer Screen	√	√	√	√	√
Dental Exam	√	√	√	√	√
Eye Exam	√	√	√	√	√
Flu Shot	√	√	√	√	√
Td Booster	√	√	√	√	√
Chlamydia Screen	Under 25				
Diabetes Screen			√	√	√
Pneumococcal Vaccine					√

Annual Physical Exam:

It is important to get a checkup 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 every 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.

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

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.

Pneumococcal Vaccine:

If you are 65 or older you should have the pneumonia vaccine. If you are younger and have certain health conditions, your doctor may recommend it.

Sources: USPSTF, MedLinePlus, CDC