

PREVENTIVE HEALTH CARE FOR ADULTS

To achieve a good state of health it is necessary to take preventive measures. Regular visits to your doctor will help you know your health status and identify possible risks early. Having a healthy lifestyle will help you maintain a good quality of life.

	Laboratory tests	Once a year
	CBC, Metabolic panel, Lipid panel, Thyroid panel, HIV and sexually transmitted infections, Urine test	
	Hepatitis C	At least once in a lifetime
	Blood pressure and weight measurements	At every visit to your doctor
	Screening for colorectal cancer	<p>From 40 to 75 years, once a year:</p> <ul style="list-style-type: none"> • Occult blood test if you have no risk factors • Colonoscopy if you have risk factors
	Screening for depression and anxiety	Whenever necessary
	Women	
	Mammography	From 40 to 74 years, every 2 years or before if necessary
	Bone densitometry	From 65 years, every 2 years
	Cervical cancer test (Pap smear)	From 21 to 65 years, every 3 years
	Men	
	Prostate cancer screening	From 40 to 74 years, every 2 years or before if necessary. Talk to your doctor about the benefits and risks of early detection.
	Oral Health	
	Visit your dentist every 6 months	<ul style="list-style-type: none"> • Brush your teeth at least 2 times a day • Floss every day • Change your toothbrush every 3 months

KEEP YOUR VACCINATIONS UP TO DATE

Influenza

Once a year

Tetanus, Diphtheria and Whooping Cough

In each pregnancy, for wound management, and every 10 years

COVID-19

From 19 years

Hepatitis B

From 19 to 59 years

Shingles

From 50 years

Pneumococcal

From 65 years

Human Papillomavirus

From 19 to 45 years

Hepatitis A

From 19 years, if you are not up to date with this vaccine and have risk factors

Measles, Mumps and Rubella

From 19 years, if you are not up to date with this vaccine and were born in 1957 or later and have no evidence of immunity

Chickenpox

From 19 years, if you are not up to date with this vaccine and were born in 1980 or later and have no evidence of immunity

Talk to your doctor about other vaccines you may need based on your health history, age, work, travel, among others.

IMPROVE YOUR LIFESTYLE

- Don't smoke
- Limit alcohol intake
- Use sunscreen
- Get 30 minutes of physical activity, 5 days a week
- Sleep 7 to 9 hours a day
- Maintain a healthy weight
- Eat a balanced diet and drink enough water
- Do exercises and activities that help reduce stress



For guidance and assistance, call the
PSM Beneficiary Service
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
This call is free of charge.

www.MenonitaVital.com

PLAN DE SALUD
MENONITA



PSM complies with applicable federal civil right laws and does not discriminate based on race, color, age, disability or sex.

As requested, this document may be available in alternate formats such as large print, audio 1-866-600-4753 y 1-844-726-3345 TTY (hearing impaired). If you speak English, language assistance services are available free of charge. Call 1-866-600-4753 and 1-844-726-3345 TTY (hearing impaired).

References:

- <https://www.uspreventiveservicestaskforce.org/>
- <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>