

# CHOLESTEROL TESTING

- TESTING EVERY 4-6 YEARS
- ★ LDL CHOLESTEROL: the "bad" cholesterol that can block arteries  
Normal: < 159 GOOD: < 100
- ★ HDL CHOLESTEROL: the "good" cholesterol that helps your body function. The higher the better.  
Low: < 40 good: > 40
- ★ Triglycerides: a type of fat that can increase risk for heart attack and stroke.  
Normal: < 199 GOOD: < 150
- TOTAL CHOLESTEROL: LDL + HDL + TRIGLYCERIDES.  
Normal: < 229 GOOD: < 200

- ## PREGNANCY
- screening for gestational diabetes
  - screening for HPV
  - screening for osteoporosis
  - Folic Acid Supplements
  - Preeclampsia screening AND prevention
  - UTI Screening
  - Hep B, gonorrhea, syphilis, testing
  - Rh blood type testing
  - maternal depression screening
  - routine prenatal care visits

# BLOOD PRESSURE SCREENING

Your blood pressure is how well your heart is working to move blood around your body.

**NORMAL: 120/80 mmHg (or lower)**

Systolic or the squeeze/work of your heart when it beats and the resulting pressure in your arteries

Diastolic OR the pressure in your arteries when the heart is relaxed

✓ CHECK THIS REGULARLY.

# FREE HEALTHCARE

under the **ACA!**

\* Several healthcare services are **REQUIRED** to be provided to you at **NO COST**. (no copay, coinsurance, or deductible). MAXIMIZE your health insurance.

# STI SCREEN

Get tested annually and more often if you are at risk.

often STIs can be symptom free. Make this a standard part of your annual EXAM.

- gonorrhea
- hepatitis B
- syphilis
- chlamydia
- HIV
- PrEP meds
- Hepatitis C

# TUBERCULOSIS SCREEN

- live or have lived in a large group setting
- homeless shelter nursing home incarceration
- inject drugs
- have HIV or other immunocompromising condition
- Close contact with someone who has TB
- Born in or lived in a country where TB is common
- healthcare worker

# MENTAL HEALTH

- Psychological testing
- anxiety screening
- DEPRESSION SCREENING
- substance abuse screening
- UNHEALTHY ALCOHOL CONSUMPTION SCREENING
- Intimate Partner Violence Screening + Counseling
- SMOKING CESSATION
- Suicide Prevention

# COLORRECTAL CANCER SCREEN

AGE 45 to 75

- FIT + Test (cologuard)
- Colonoscopy

How often you get a screening is very individualized but you will be put on a schedule.

Keep your bum HEALTHY.



This does NOT cover abortifacient (Plan B, ella, Julie).

### EMERGENCY CONTRACEPTION

control pills + rings, diaphragms, hormonal birth methods like spongest

get prescriptions for barrier implants and IUDs. You can

procedures + placement of YES! This includes the

education + counseling • Sterilization procedures

• FDA approved contraception pregnancy. This includes:

body with the capacity for control options for any

Annual review of birth

### BIRTH CONTROL

## Annual Wellness VISIT

• Height • Weight • blood pressure • immunizations

• review your family history • review current medications

• depression screening • diet counseling

• physical exam • physical exam

• physical exam • physical exam

• physical exam • physical exam

Immunization

sports physical

vision screening

Lead Screening

Fluoride supplements and/or varnish

Height and Weight

Hemoglobin + hematocrit

Hearing screening

Developmental screening < 3y

Autism + Behavior assessment

## CHILDREN

Covid-19

Tetanus

Shingles

Rubella

Pneumococcal

Whooping Cough

Mumps

Meningococcal

Measles

HPV

Hepatitis B

Hepatitis A

Flu (Influenza)

Diphtheria

Chickenpox

IMMUNIZATIONS

## BREASTFEEDING SUPPORT

• Breast or Chest feeding may be "natural" but it's NOT EASY.

• You are entitled to support and counseling with trained IBCLC lactation consultants

• Breast pumps MUST be covered, manual or electric.

\* This is through the entire DURATION OF BREASTFEEDING



Immunization

sports physical

vision screening

Lead Screening

Fluoride supplements and/or varnish

Height and Weight

Hemoglobin + hematocrit

Hearing screening

Developmental screening < 3y

Autism + Behavior assessment

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## A B C A R E

• PAP SMEAR (ages 21 - 65)

• BONE DENSITY (post menopause)

• BREAST CANCER SCREENING (mammogram) (every one - two years once 40 or older)

• BRCA genetic TESTING (for those at high risk)

• URINARY INCONTINENCE SCREENING

Immunization

sports physical

vision screening

Lead Screening

Fluoride supplements and/or varnish

Height and Weight

Hemoglobin + hematocrit

Hearing screening

Developmental screening < 3y

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## DIABETES SCREEN

ADULTS 40-70 yrs WHO MAY BE OVERWEIGHT

NORMAL HEMOGLOBIN A1C: < 5.7%

NORMAL BLOOD SUGAR: 70-100 mg/dl

## Smoking Cessation

• Free tobacco use counseling

• 1-800-QUIT-NOW

• 4 sessions of individual, group, or phone counseling

• 90 days of FDA approved smoking cessation medication

• 2 QUIT attempts per year

• NO PRIOR AVTHS • NO COST SHARING

• NO COST SHARING

• NO COST SHARING