

Prevention Information on Your Registration Slip



Screening tests

Breast examination: This examination screens women for breast cancer. A trained medical professional looks at and feels your breasts for lumps. Women should have a breast examination every one to two years.

Cholesterol screen: This test screens for a risk factor for heart disease. You will be instructed to go to a Kaiser Permanente lab where blood will be drawn. Have your cholesterol checked once every five years from age 35 to 70.

Diabetic retinal screening: This test is recommended for adults who have been diagnosed with diabetes. It looks for possible signs of eye disease, which can lead to blindness. Your eye specialist looks into your eye with a special light.

Hemoglobin A1C: This test is recommended for adults who have been diagnosed with diabetes. It measures the amount of sugar that attaches to protein in the red blood cell. Red blood cells live for about three months, so this test shows your overall blood sugar control during that time.

Mammogram: This test screens women for breast cancer. It is a special X-ray of the breast that can show tumors too small to be detected by a breast exam. Women 40 to 75 years old should have a mammogram every 1 to 2 years.

Pap test: This test screens for cervical cancer. It is a simple, easy procedure. Your physician or nurse practitioner gently removes cells from your cervix (the part of the uterus or womb at the top of the vagina) during a pelvic exam. The cells are smeared on a slide and sent to the lab to see if you have any abnormal cells. After two normal annual Pap tests, women should have a Pap test every two to three years.

Blood pressure control: High blood pressure, or hypertension, occurs when the pressure in your artery wall is greater than normal. If you have been diagnosed with hypertension, your blood pressure should be checked at least once a year. Your goal is to be 139/89 or less (or lower if you have diabetes, heart failure, or renal insufficiency). If your last blood pressure reading was higher than 139/89, the registration slip will say "Review."

Immunizations

Flu vaccine: This vaccine protects you against the flu. Get a flu shot if you are 50 or older, more than 3 months pregnant during flu season, live or work with sick or elderly people, or you are any age with a chronic health condition such as heart or lung disease, diabetes, renal dysfunction, HIV, immunosuppression or hemoglobinopathy. Get your flu

shot in November or December so you're protected if the flu hits from January through March.

Pneumovax: This vaccine protects against a major cause of pneumonia and meningitis. Get a pneumovax once after age 65 or at any age if you suffer from chronic heart, liver or lung disease (except asthma), diabetes, no spleen, cancer, alcoholism, HIV or live in a chronic care facility.


Tetanus vaccine: This vaccine protects against tetanus (lockjaw). This vaccine is recommended for adults who did not receive the vaccine in childhood. A booster shot every 10 years or a single booster at age 50 is also recommended.

Advance health care directive (AHCD): An AHCD is a way to make your health care wishes known if you are unable to speak for yourself or if you prefer that someone else speaks for you in case of an accident or serious illness. "PLEASE REVIEW" means that you do not have an AHCD on file. If you are interested in filling out an AHCD, contact Member Services, Patient Assistance, or your local Health Education Department for the most current forms.

When should I do this?

You do not need to have any of these tests or immunizations performed on the exact due date shown on your registration slip. However, we do recommend that you have them. Please schedule at your convenience.

An example registration slip is on the other side. The recommendations for screening tests and immunizations at the bottom of your registration slip were developed by Kaiser Permanente physicians. These prevention recommendations are for people without ongoing health problems. Your prevention plan may be somewhat different if you have ongoing health problems, if certain diseases run in your family, or if you have other special health needs or risks. Please discuss this with your doctor or other medical professional.


KAISER PERMANENTE

At the bottom of this page are reminders for some preventive services based on Kaiser Permanente's current electronic records. If you have on-going health problems or are at high risk for certain diseases, you may need more frequent preventive services and should consult your physician. If an appointment is necessary, please schedule it.

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APPT TIME :		FAC/DEPT:	HAY/MED
APPT WITH :	P E LOUIE M.D.		
REG DATE :	11/15/03	01:36 PM	MCSPEL
[GROUP : 00009/0398			
COVERAGE : C2 ANC Y DP: X			
EXCEPTION			
REG FEE :	\$5.00		
AMT PAID :	\$5.00		
ADV DIRECTIVE :	PLEASE REVIEW		
MED/PED/MD :	CROSS	NON-MD:	HAY
OB/GYN MD :	OBEE	NON-MD:	HAY
			CAN MOV
[08/16/03	04:00P	BROWN	ROU MED HAY
09/05/03	11:45A	CROSS	PHY MED HAY
			___ ___
			___ ___

FOLLOWING APPOINTMENT NOT YET SCHEDULED

PREVENTIVE SERVICES:	LAST	DUE
DUE	DIABETIC RETINAL SCR	01/05/00 01/05/01
DUE	PAP TEST	08/31/00 08/31/02
DUE	BREAST EXAM	08/31/00 08/31/02
REVIEW	BLOOD PRESSURE CONTR	03/05/03
CURRENT	INFLUENZA VACCINE	12/01/02 10/21/03
CURRENT	HEMOGLOBIN A1c	11/24/03 11/24/04
CURRENT	PNEUMO VACCINE	12/06/01 12/06/06
CURRENT	CHOLESTEROL SCREEN	12/06/03 12/06/08
CURRENT	MAMMOGRAPHY	N/A

RETURN APPOINTMENT: _____ DAYS _____ WEEKS _____ MONTHS

Your medical record number

Your health plan coverage codes

Your doctor or nurse practitioner's name

Your future appointments

DUE:
It's time to schedule this test.

REVIEW:
Talk to your doctor or nurse practitioner about this.

CURRENT:
You are up-to-date.

Status of your advance directive

Date of your last test or immunization

N/A: Not applicable at this time.

Please see other side for information about these tests and immunizations.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have further questions, please consult your doctor.