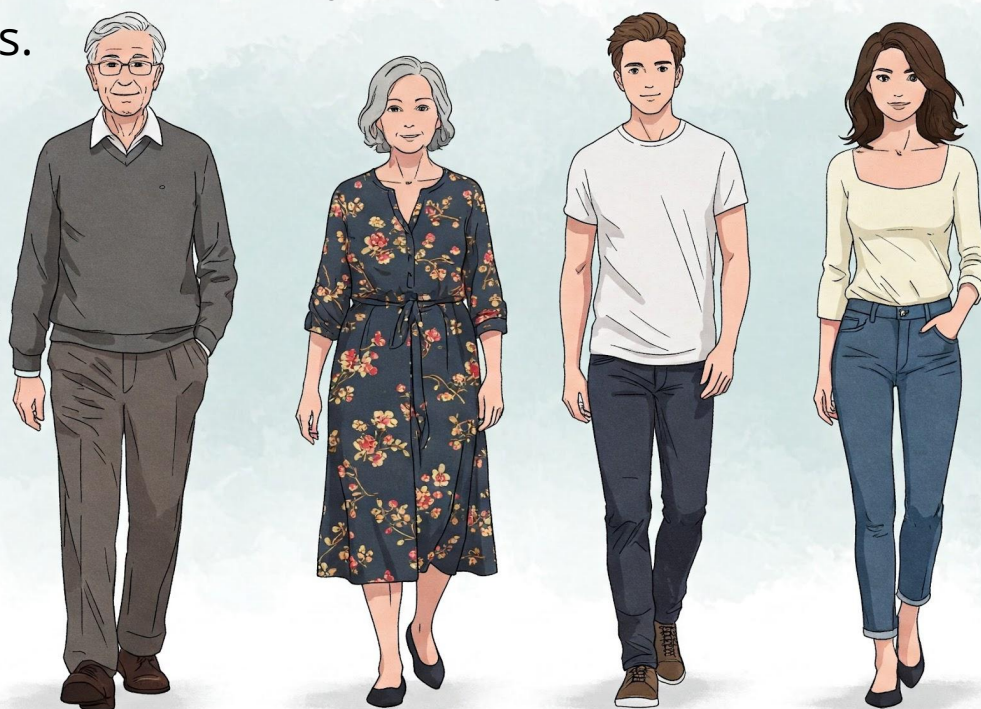


Preventive Care & Staying Healthy

Taking care of your health is one of the most important things you can do, no matter how old you are.

This packet includes **general health screening recommendations** based on your age and sex. If you have a family history of cancer or other health conditions, you may need different or more frequent screenings.



Be sure to **discuss your health history** with your provider to ensure you're getting the right screenings and treatment. **Keeping healthy is a partnership with your provider**, and they may recommend other screenings based on your age, lifestyle, or risk factors. Being open about behaviors that may affect your health will help your provider give you the best care.



To find a medical provider, hospital, clinic, or mental health provider use this "Provider Locator" tool to find someone in your area. Scan the QR code with your phone or visit: <https://tinyurl.com/2dyhjzsk>



Contents*

Find information on keeping yourself healthy in the pages below!

- ✓ What is the United States Preventive Services Task Force (USPSTF)?
- ✓ **Female** Preventive Care Recommendations
- ✓ **Male** Preventive Care Recommendations
- ✓ **Chronic Health** Preventive Care Recommendations
- ✓ **Pregnancy** Preventive Care Recommendations
- ✓ Adult Annual Wellness Visit Overview
- ✓ Adult Annual Wellness Visit - General Checklist
- ✓ Advocate for Your Health
- ✓ What are these screenings for?
- ✓ Taking care of YOU! Feel your best with these tips



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* Children's preventive care recommendations are not covered in this packet. To get information on Well Child Checkups, use your phone's camera to scan the QR code or visit:

<https://health.wyo.gov/healthcarefin/medicaid/healthcheck/>



What is the United States Preventive Services Task Force (USPSTF)?

The United States Preventive Services Task Force (USPSTF) is a group of doctors and health experts who give advice about tests and checkups people should have to stay healthy.

USPSTF looks at research to figure out which health tests work the best. For example, they decide when it's a good idea to get a cancer screening or check your blood pressure.



Medical providers often follow the USPSTF's advice because it's based on solid research. Their recommendations are considered the standard, meaning they are trusted by experts to help keep people healthy. So, when the USPSTF says something is important, it's because it's proven to help prevent problems or find them early.

Most of the preventive care recommendations on the following pages come directly from USPSTF.



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To learn more about USPSTF recommendations, scan the QR code with your phone or visit:

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/information-for-consumers>



Female

Preventive Care Recommendations

Here are some important preventive care recommendations for women to help maintain good health at every stage of life.



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20s

30s

40s

50s

60+

Screening

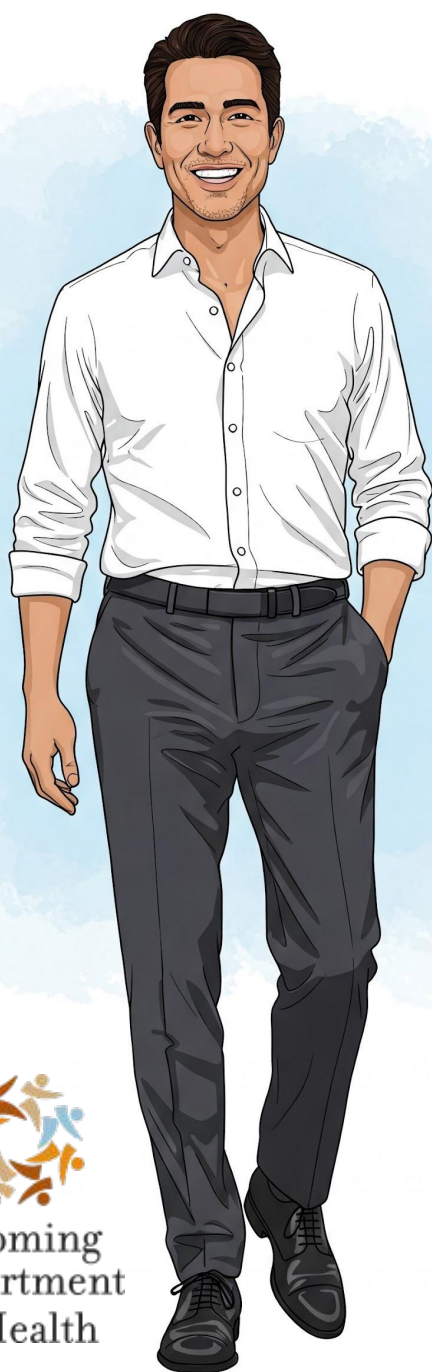
How Often

Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Breast Cancer Risk Assessment	Once
Cervical Cancer Screening/Pap Smear	Every 3 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Once
Immunizations	Annually
Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Cervical Cancer Screening/Pap Smear	Every 3 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Every 5 Years
Immunizations	Annually
Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Breast Cancer Screening/Mammograms	Every 2 Years
Cervical Cancer Screening/Pap Smear	Every 3 Years
Colorectal Screening	Every 10 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Every 5 Years
Immunizations	Annually
Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Breast Cancer Screening/Mammograms	Every 2 Years
Cervical Cancer Screening/Pap Smear	Every 3 Years
Colorectal Screening	Every 10 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Every 5 Years
Immunizations	Annually
Lung Cancer Screening	Annually
Screening for Osteoporosis to Prevent Fractures (or broken bones)	Every 2 Years
Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Bone Density Test	Every 2-3 Years
Breast Cancer Screening/Mammograms	Every 2 Years
Cervical Cancer Screening/Pap Smear	Every 3 Years
Colorectal Screening	Every 10 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Annually
Immunizations	Annually
Lung Cancer Screening	Annually
Screening for Osteoporosis to Prevent Fractures (or broken bones)	Every 2 Years

Male

Preventive Care Recommendations

Here are some important preventive care recommendations for men to help maintain good health at every stage of life.



20s

30s

40s

50s

60+

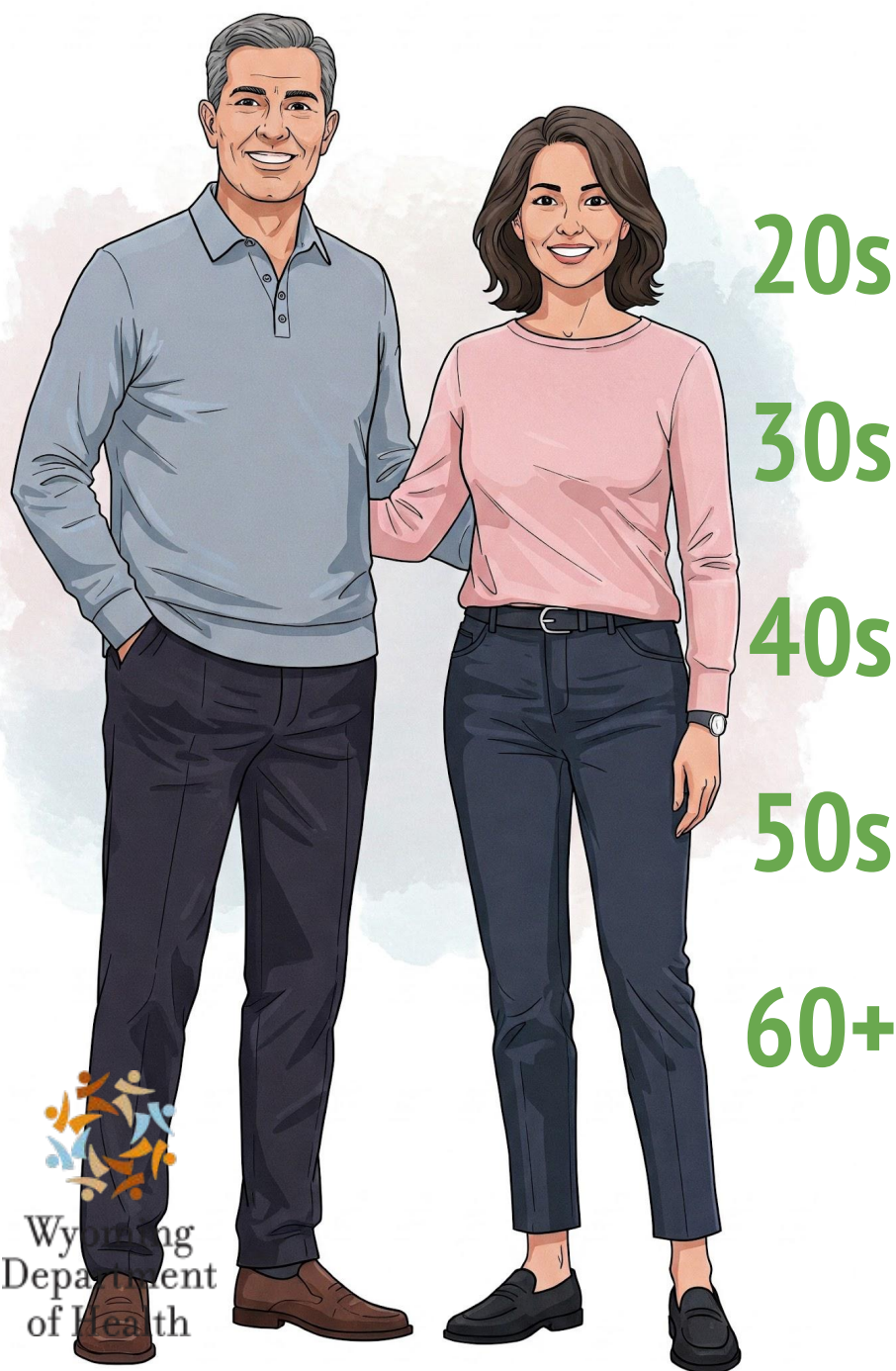
Screening

How Often

Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Dental Care & Cleaning	2x per Year
Eye Exam	Once
Immunizations	Annually
Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Eye Exam	Every 5 Years
Dental Care & Cleaning	2x per Year
Immunizations	Annually
Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Colorectal Screening	Every 10 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Every 5 Years
Immunizations	Annually
Adult Wellness Visit	Annually
Blood Draw & Screenings	Annually
Colorectal Screening	Every 10 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Every 5 Years
Immunizations	Annually
Lung Cancer Screening	Annually
Prostate Specific Antigen (PSA) Test	Every 3-5 Years
Adult Wellness Visit	Annually
Abdominal Aortic Aneurysm Screening	Once
Blood Draw & Screenings	Annually
Bone Density Test	Every 2-3 Years
Colorectal Screening	Every 10 Years
Dental Care & Cleaning	2x per Year
Eye Exam	Annually
Immunizations	Annually
Lung Cancer Screening	Annually
Prostate Specific Antigen (PSA) Test	Every 3-5 Years

Chronic Health Preventive Care Recommendations

If you have a chronic health condition, there are extra screening recommendations for preventive care you and your doctor can consider in addition to the ones listed for your sex and age.



Screening How Often

Chronic Kidney Disease (CKD) Screening in those with Type 2 Diabetes	Annually
Healthy Diet Counseling for Adults with Cardiovascular Disease Risk Factors	Annually
Chronic Kidney Disease (CKD) Screening in those with Type 2 Diabetes	Annually
Healthy Diet Counseling for Adults with Cardiovascular Disease Risk Factors	Annually
Chronic Kidney Disease (CKD) Screening in those with Type 2 Diabetes	Annually
Healthy Diet Counseling for Adults with Cardiovascular Disease Risk Factors	Annually
Chronic Kidney Disease (CKD) Screening in those with Type 2 Diabetes	Annually
Healthy Diet Counseling for Adults with Cardiovascular Disease Risk Factors	Annually
Chronic Kidney Disease (CKD) Screening in those with Type 2 Diabetes	Annually
Healthy Diet Counseling for Adults with Cardiovascular Disease Risk Factors	Annually

Pregnancy

Preventive Care Recommendations

For a healthy pregnancy, be sure to schedule all the recommended preventive care based on your age, along with the ones listed here:



Screening

How Often

Breastfeeding Support	Postpartum; As Needed
Counseling for Healthy Weight Gain in Pregnancy	As Needed
Gestational Diabetes Screening	At 24+ Weeks Gestation
Hepatitis B Virus Infection Screening	Once
Screening for Rh(D) Incompatibility	Once; First Pregnancy Visit
Syphilis Infection Screening	Once; Depends on Risk
Take Prenatal Vitamins with Folic Acid	Daily

More info on the next pages!

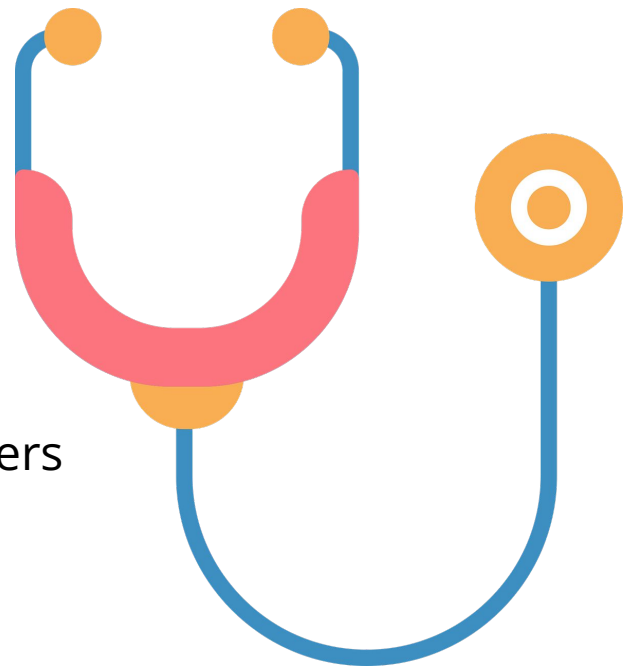


Adult Annual Wellness Visit Overview

Annual wellness visits are the foundation for good health and going to your doctor is important - even if you're not feeling sick!

At your annual wellness visit, your healthcare provider will take a comprehensive look at your overall health and well-being.

Expect a review of your medical history, current medications, and any changes in your health since your last visit. Your provider will check vital signs like blood pressure, heart rate, and weight, and may conduct screenings for conditions such as diabetes, high cholesterol, or certain cancers based on your age and risk factors. They'll also discuss vaccinations, lifestyle habits, and any necessary lab tests.



This is a great time to ask questions about your health, address any concerns, and set health goals for the year ahead!



Bring the Annual Wellness
Visit Checklist to your next
appointment!



Adult Annual Wellness Visit - General Checklist

These yearly visits help your doctor spot any small changes in your health before they turn into bigger problems. Your doctor may make referrals to specialists or providers for other preventive screenings you may need that are not included on this list:

- ☐ Blood Draw Screenings:
 - ☐ Cholesterol Screening
 - ☐ Complete Blood Count (CBC)
 - ☐ Hepatitis C Virus Screening
 - ☐ Prostate Specific Antigen (PSA) Test (Males Only)
 - ☐ Screening for Prediabetes
- ☐ Calculate Body Mass Index (BMI)
- ☐ Fall Prevention (age 65+)
- ☐ Hearing Test
- ☐ Immunizations:
 - ☐ COVID-19
 - ☐ Influenza Immunization
 - ☐ Pneumonia Booster
 - ☐ Shingles Vaccine
 - ☐ Tetanus Booster
- ☐ Screening for High Blood Pressure
- ☐ Screenings (Questionnaires):
 - ☐ Breast Cancer Risk Assessment (Females Only)
 - ☐ Depression Screening
 - ☐ Screening for Unhealthy Drug & Alcohol Use
- ☐ Sexually Transmitted Infection Screening & Counseling
- ☐ Skin Exam
- ☐ Tobacco Cessation



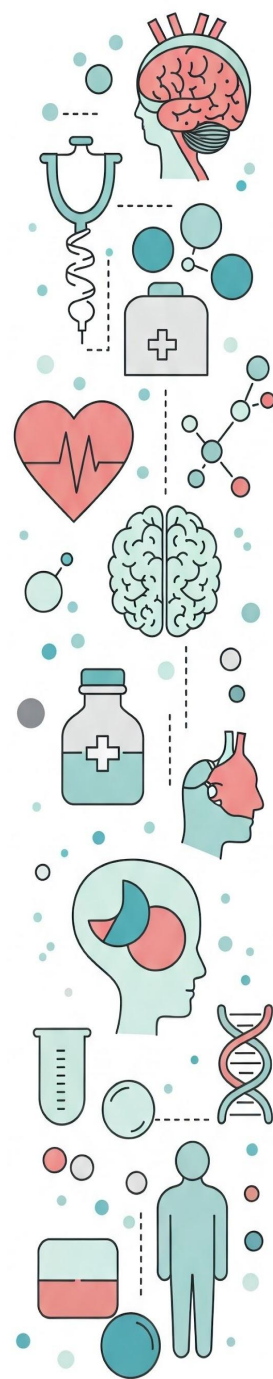
Advocate for Your Health

When you go to a doctor's appointment, it's important to speak up and ask questions about your health. Before the appointment, write down any symptoms or problems you've been having, even if they seem small. If something doesn't make sense, don't be afraid to ask the doctor to explain it again in simpler words.

If you don't feel like your doctor is listening to you, it's okay to speak up. You can say, "I'm not sure I understand what you mean" or "Can you explain that more clearly?" **You deserve to understand what's going on with your health.** If the doctor doesn't give you answers you feel are helpful, you can ask for a second opinion or even ask to see a specialist. A specialist is a doctor who focuses on a specific area of health, like heart problems or skin issues.

Sometimes, people feel nervous about asking for a second opinion or seeing a specialist, but it's your right to do so. Remember, it's your body, and you should feel comfortable and confident about your health decisions.

Finally, always keep track of your health information. Write down what the doctor tells you, and keep a list of medications you take. This helps you stay organized and makes it easier to talk to other doctors or specialists if you need them.



Want to check coverage on what's covered under your Medicaid benefits?

You can look at the Member Handbook. Use your phone's camera to scan the QR code or visit:

<https://tinyurl.com/3ahwb5k7>

Or, call the Wyoming Medicaid Customer Service Center @ 855-294-2127.



What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy

Abdominal Aortic Aneurysm Screening - An abdominal aortic aneurysm is a bulge in a large blood vessel (the aorta) in the belly that can be dangerous if it bursts. The USPSTF (U.S. Preventive Services Task Force) recommends a one-time ultrasound screening for men aged 65 to 75 who have ever smoked, as this is the group most at risk. The screening is non-invasive, quick, and can help doctors detect an aneurysm before it becomes dangerous.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy

Adult Wellness Visit - Annual wellness visits are important for staying healthy, even if you're not sick! During your visit, your doctor will check your overall health by looking at your medical history, medications, and any changes since your last visit. They will check your blood pressure, heart rate, weight, and may test for things like diabetes, high cholesterol, or cancer. They'll also talk about vaccines, healthy habits, and any needed tests. It's a good time to ask questions, share any concerns, and set health goals for the year!

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy

Bone Density Test - A Bone Density Test checks for osteoporosis, a condition that makes your bones weak and more likely to break.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy

Breast Cancer Risk Assessment - Doctors check for breast cancer risk in women with a family history of cancer or certain genes (like BRCA1/2). They use a questionnaire to see if you might have a higher risk based on your family history or genes. If your answers show a high risk, you should talk to a genetic counselor, who may suggest a test to check for the BRCA1/2 gene.



What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Breast Cancer Screening/Mammograms - A mammogram is a special X-ray that checks for breast cancer. Some doctors may have mammography equipment in their office, while others might refer you to a special clinic for the test.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Breastfeeding Support - Breastfeeding support is important for new moms after giving birth. It helps them learn how to breastfeed correctly, making it easier for both mom and baby. Doctors give advice on how to hold the baby, how often to feed, and how to know if the baby is getting enough milk. They can also help with problems like sore nipples or low milk supply. Support makes breastfeeding more successful and helps moms feel confident caring for their babies.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Calculate Body Mass Index (BMI) - BMI is a number that helps measure if someone is at a healthy weight for their height. It's calculated by dividing a person's weight in kilograms by their height in meters squared. Adults with a higher BMI (30+) should work with their doctor on ways they can improve their health.



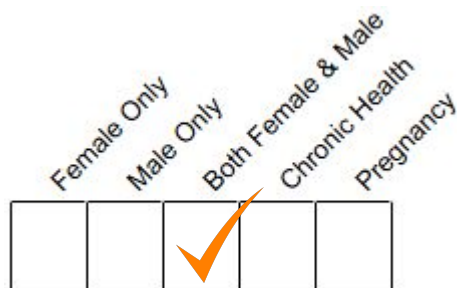
What are these screenings for?



Cervical Cancer Screening/Pap Smear - A Pap smear is a test to check for cervical cancer by looking at cells from the cervix (the lower part of the uterus).

- For women ages 21 to 29: It's recommended to get a Pap smear every 3 years.
- For women ages 30 to 65, there are a few options for screening:
 - Every 3 years with just a Pap smear.
 - Every 5 years with a test for high-risk HPV (a virus that can cause cervical cancer)
 - Every 5 years with both a Pap smear and HPV test (this is called cotesting).

A pelvic exam is often done along with the Pap smear. During a pelvic exam, a doctor checks your reproductive organs (like your ovaries, uterus, and cervix) for any problems. It's a quick exam where the doctor gently feels the abdomen and uses a tool to look inside the pelvic area.



Chlamydia and Gonorrhea Screening -

Chlamydia and gonorrhea are infections spread by sexual contact. They might not show any symptoms, so it's important to get tested even if you feel fine. The test is quick and painless, usually with a urine sample or a swab. If you're infected, doctors treat it with antibiotics to help you feel better.



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What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cholesterol Screening - Cholesterol Screening is a test that checks the amount of lipids (fats) in your blood. High cholesterol can increase your risk for heart disease. If you have higher risk factors, like a family history of heart disease or high cholesterol, your doctor may recommend getting tested more often.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Chronic Kidney Disease (CKD) Screening in those with Type 2 Diabetes - Chronic Kidney Disease (CKD) screening is important for people with Type 2 diabetes because high blood sugar can damage the kidneys over time. Early detection can help prevent more serious kidney problems by allowing doctors to provide treatment and advice to manage blood sugar levels and protect kidney health.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Colorectal Screening - Colorectal screening is a test to check for colorectal cancer (cancer in the colon or rectum). There are different types of screening, and how often you need it depends on the type:

- Colonoscopy: This test looks at the entire colon to check for cancer or precancerous polyps. The doctor uses a special camera to look inside. It's usually done every 10 years.
- Cologuard: This is a kit you use at home to test for signs of colorectal cancer. It's recommended for people who are at average risk. You send the kit back with a stool sample. This test is done every 1 to 3 years.



What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Complete Blood Count (CBC) - A Complete Blood Count (CBC) is a blood test that helps doctors check your overall health. It looks at the number of different cells in your blood, like red blood cells, white blood cells, and platelets. A CBC can help find problems like anemia, infections, or even more serious conditions like leukemia. It can also show if there are too many or too few blood cells, which might be a sign of a health issue.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Counseling for Healthy Weight Gain in

Pregnancy - Counseling for healthy weight gain during pregnancy is important for both the mom and the baby. Healthcare providers offer guidance on how much weight is healthy to gain based on the mom's starting weight and the stage of pregnancy. Gaining too much or too little weight can lead to health problems for both the mom and baby. The counseling includes advice on eating a balanced diet, staying active, and making healthy choices to support a safe and healthy pregnancy. Regular support helps moms stay on track with healthy habits and ensures the best outcome for both them and their baby.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COVID-19 Immunization - The COVID-19 vaccine helps protect you from severe illness, hospitalization, and death caused by the COVID-19 virus. You should get an annual booster to keep your protection up-to-date.



What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dental Care & Cleaning - Dental care and cleaning are important for keeping your teeth and gums healthy. It's recommended to visit the dentist for a checkup and cleaning every six months. During these visits, a dentist or hygienist removes plaque and tartar buildup that can't be removed by brushing alone. They also check for signs of tooth decay, gum disease, and other dental issues.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Depression Screening - All adults, including pregnant or postpartum individuals and those 65+, should be screened for depression. If someone has never been screened, they should be checked. Doctors may also screen more if someone has risk factors, other health issues, or tough life events. Screening can happen during a visit to a new doctor, annual checkups, or if there are signs of depression or suicide risk.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Eye Exam - An eye exam checks for problems with your vision, glaucoma (a condition that damages the eye), and macular degeneration (a condition that affects central vision).

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fall Prevention - Exercise programs to improve balance and strength should be done to make falls less likely. Doctors may also suggest making changes at home to reduce the risk of falls like removing tripping hazards like rugs or adding grab bars in the bathroom.

What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Gestational Diabetes Screening - Gestational diabetes screening is a test for pregnant women to check if they have high blood sugar. It's usually done between 24 and 28 weeks of pregnancy. Early detection helps doctors control blood sugar with diet, exercise, or medicine, reducing risks for both mom and baby, like high birth weight or early delivery.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Diet Counseling for Adults with Cardiovascular Disease Risk Factors - Healthy diet counseling for adults with cardiovascular disease risk factors helps people make better food choices to improve their heart health. For individuals at risk of heart disease, healthcare providers offer advice on eating a balanced diet that includes more fruits, vegetables, whole grains, and lean proteins, while limiting unhealthy fats, salt, and sugars. This counseling helps people understand how their diet affects their heart and overall health.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hearing Test - A hearing test checks how well your ears are working and can help find early signs of hearing problems.



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What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Hepatitis B Virus Infection in Pregnant Women

- Hepatitis B virus (HBV) screening in pregnant women is important to prevent the spread of the virus to the baby. Healthcare providers test for HBV early in pregnancy to see if the mom has the virus. If the test is positive, doctors can take steps to reduce the risk of passing the virus to the baby, such as giving the baby a shot of hepatitis B vaccine and a special medicine right after birth.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hepatitis C Virus Screening - Adults aged 18 to 79 years, including pregnant people, should be screened for hepatitis C (a virus that affects the liver), especially if they don't already have liver disease. Most adults should only need a one-time test for hepatitis C. However, if you have ongoing risks for the virus, like past or current drug use, you might need to be tested again. Your primary care doctor can help determine how often you may need repeat tests if you're at higher risk for the virus.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Human Immunodeficiency Virus (HIV)

Screening - Adults should be screened for HIV. HIV is a virus that affects the immune system.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Influenza Immunization - The flu vaccine helps protect you from getting the seasonal flu, which is a contagious illness that can make you very sick.

What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Lung Cancer Screening - A special kind of X-ray called low-dose computed tomography (CT) is used to check for signs of lung cancer in those that have a history of heavy smoking and those that quit smoking in the last 15 years. This is done by a referral from a doctor to a specialist who can perform the scan.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

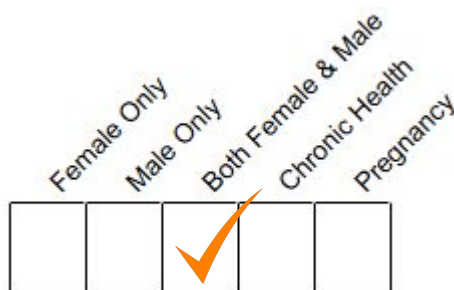
Pneumonia Immunization Booster - The Pneumonia booster helps protect you from pneumonia, which is a lung infection. You only need to get the pneumonia immunization booster once.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prostate Specific Antigen (PSA) Test - The Prostate-Specific Antigen (PSA) test is a blood test used to check for signs of prostate problems, including prostate cancer. PSA is a protein produced by the prostate gland, and higher levels in the blood can indicate issues, though not always cancer. Healthcare providers may recommend the PSA test for men, especially those over 50 or with a family history of prostate cancer. The test helps detect potential problems early, allowing for further investigation and, if necessary, early treatment to manage prostate health.

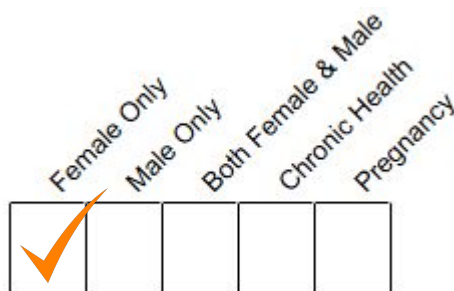


What are these screenings for?



Screening for High Blood Pressure - Adults should get checked for high blood pressure using a regular blood pressure test at the doctor's office. If the test shows high blood pressure, the doctor should check it again outside the office to be sure before starting treatment.

- For people with normal blood pressure (less than 120/80 mmHg), it's recommended to get checked at least once every 2 years.
- For people with blood pressure higher than normal (120-129/80-89 mmHg), checkups should happen more often, usually once a year.
- For people with high blood pressure (130/80 mmHg or higher), the doctor will decide on the best treatment and how often to monitor it.



Screening for Osteoporosis to Prevent Fractures (or broken bones)

- Postmenopausal women who are younger than 65 years and at higher risk of osteoporosis should be screened. The doctor will use a formal risk assessment tool to determine if you're at increased risk. It's recommended to have a bone measurement test every 2 years. For women aged 65 and older, the USPSTF recommends screening for osteoporosis to help prevent fractures. This test is done every two years with a dual energy X-ray absorptiometry (DXA), which looks at the hip and lumbar spine. These tests help find osteoporosis early, which can help prevent weak bones and reduce the risk of fractures.



What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Screening for Prediabetes - Overweight adults have or those with obesity should be checked for prediabetes and type 2 diabetes since they are more likely to have these conditions. If you have prediabetes, the doctor should help you find ways to prevent it from turning into diabetes, like recommending healthy lifestyle changes or treatments.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Screening for Rh(D) Incompatibility - This is a test done during pregnancy to check if the mother's blood type is Rh-negative and the baby's blood type is Rh-positive. If this happens, it can lead to problems, as the mother's immune system may attack the baby's red blood cells. Healthcare providers test for this early in pregnancy, and if there is a risk, they can give the mother a special injection called Rh immunoglobulin (RhIg) to prevent any issues. Screening and treatment help protect the baby from serious health problems and ensure a healthy pregnancy.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Screening for Drug & Alcohol Use - Adults should be screened for alcohol and drug use during annual checkups. If a person is found to be drinking too much or using drugs, the provider may provide brief counseling or refer them to treatment and support services. This screening helps individuals recognize unhealthy habits and get the support they need to make positive changes.

What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy

Sexually Transmitted Infection Counseling -

Adults at higher risk for sexually transmitted infections (STIs) should get behavioral counseling.

This counseling helps teach people how to protect themselves from STIs and make healthier choices when it comes to sexual activity. It's often done during an adult annual wellness exam.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy

Shingles Vaccine - The Shingles vaccine helps prevent shingles, a painful rash caused by the same virus that causes chickenpox. You only need to get the shingles vaccine once.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy

Skin Exam - A provider looks at your skin from head to toe to check for signs of skin cancer. This includes checking your scalp, face, trunk, limbs, hands, feet, eyes, and eyelids.



What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Syphilis Infection Screening - Syphilis infection screening is an important test to check for syphilis, a sexually transmitted infection (STI) that can cause serious health problems to a person or pregnancy if left untreated. It may not show symptoms, so screening helps detect it early. Healthcare providers recommend screening for syphilis for anyone at risk, including sexually active individuals with multiple partners. If the test is positive, treatment with antibiotics can cure the infection and prevent complications like organ damage or the spread to others. Regular screening helps protect overall health and reduces the spread of syphilis.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Take Prenatal Vitamins with Folic Acid - Taking prenatal vitamins with folic acid is an important part of a healthy pregnancy. Folic acid helps prevent birth defects in the baby's brain and spine, especially in the early stages of pregnancy. Healthcare providers recommend that women start taking prenatal vitamins with folic acid before they get pregnant and continue throughout the pregnancy. These vitamins also provide other essential nutrients that support the health of both the mom and the baby, helping ensure a healthy pregnancy and fetal development.



What are these screenings for?

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tetanus Booster - The tetanus booster helps protect you from tetanus, a serious bacterial infection that causes painful muscle spasms, especially in the jaw and neck (called lockjaw). It can be life-threatening if not treated.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

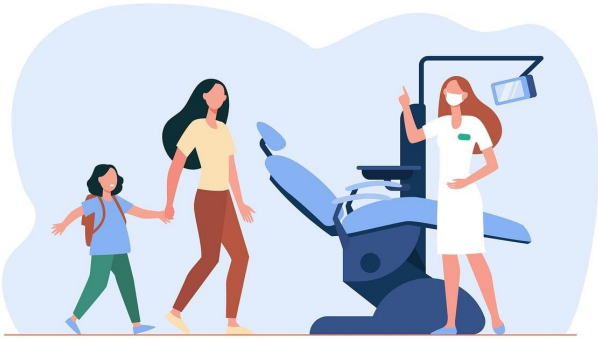
Thyroid Stimulating Hormone (TSH) Test - The TSH Test checks how well your thyroid is working. The thyroid is a gland in your neck that helps control your energy, weight, and many other things in your body. The test can help find out if your thyroid is underactive (not working enough) or overactive (working too much), which can affect your health. If you have symptoms like tiredness, weight changes, or trouble sleeping, your doctor might suggest getting a TSH test. It's often tested in adults during routine checkups, especially if you have a family history of thyroid problems.

Female Only	Male Only	Both Female & Male	Chronic Health	Pregnancy
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tobacco Cessation - Doctors ask all adults about their use of tobacco, encourage them to quit, and offer help, such as behavioral counseling and FDA-approved medications, to help them stop using tobacco.



Take care of YOU! Feel your best with these tips:



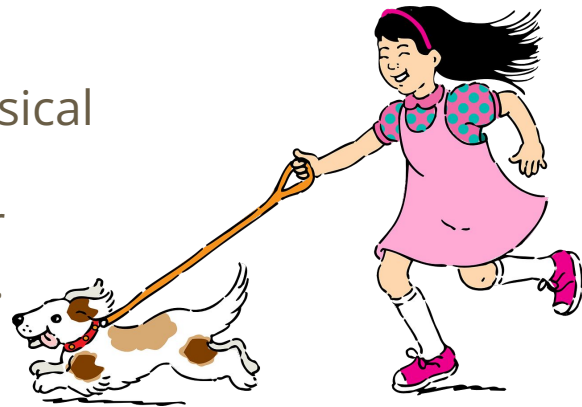
Keep up with regular health appointments, testing, screenings, and vaccinations.

Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low-or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.



Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.

Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 ½ hours each week. You can break it into smaller amounts of time, such as 20-30 minutes a day.



More tips to feel your best:

Limit alcohol intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men and 1 drink or less a day for women.



Avoid illegal drugs or using prescription drugs in ways other than prescribed. Don't take someone else's prescription. Substance use treatment is available and recovery starts with asking for help. For a list of substance use treatment providers in Wyoming, visit:

<https://health.wyo.gov/behavioralhealth/mhsa/treatment/>



Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good. Are you ready? Triple your chances of quitting tobacco. Call 1-800-QUIT-NOW (1-800-784-8669). Or visit: <https://www.quitwyo.org/>



This information is not intended to provide a medical diagnosis and cannot take the place of seeing a mental health professional or primary care provider.

Source: CDC