健華 計人 劃保 Edinese Community Health Plan



Discover wellness through prevention.

This *CCHP Preventive Care Passport* is designed to help you and your family stay healthy with important screenings each person should receive and how often. By staying current with all your screenings, you and your family can identify and treat potential problems early.

Be sure to take it with you next time you visit your doctor or provider and keep track of all the screenings you receive using this *Passport* booklet.

Important Contacts:

CCHP Member Services Center

827 Pacific Avenue San Francisco, CA 94133 (415) 834-2118 (888) 775-7888

CCHP 24 Hour Nurse Advice Line

(888) 243-8310

Chinese Community Health Resource Center

835 Pacific Avenue San Francisco, CA 94133 (415) 677-2473 www.cchrchealth.org

Name	Member ID #
Primary Care Physician	Phone #
DB/GYN	Phone #
Pediatric Physician Name	Phone #

	ADULT PREVENTATIVE CARE SERVICES								
SERVICE	DESCRIPTION	18-34 years	35-49 years	50-64 years	65+ years				
Cholesterol	Screening for adults of certain	High Risk Men: 20 - 35 years		Men: 35 years - Lifetin	ne				
Officiesteror	ages or at higher risk	High Risk Women: 20 - 45 years		Wome 45 years -					
	Aspirin use for prevention of			Mer 45 - 79 y	·-				
Aspirin Use*	cardiovascular disease				men: 9 years				
Colorectal Cancer	Screening using fecal occult blood testing, sigmoidoscopy, or colonoscopy				Women: 5 years				
Abdominal Aortic Aneurysm (AAA)	One-time screening for AAA by ultraso- nography for men who have ever smoked				Men: 65-75 years				
Alcohol Misuse Screening & behavioral counseling to reduce alcohol misuse									
Tobacco Use	Screening for all adults and cessation interventions for tobacco users	All ages							

^{*}Aspirin Use: When the potential harm of an increase in gastrointestinal hemorrhage is outweighed by a potential benefit of a reduction in myocardial infarctions (men aged 45-79 years) or in ischemic strokes (women aged 55-79 years).

	VISIT WORK SHEET									
DATE	NOTES	DATE	NOTES	NOTES DATE						

Source: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.cdc.g

	ADULT PREVENTATIV	E CARE SE	RVICES		
SERVICE	DESCRIPTION	18-34 years	35-49 years	50-64 years	65+ years
Blood Pressure	Screening for high blood pressure in all adults				
Depression	Screening for depression in all adults				
Diet Counseling	Dietary counseling for adults at higher risk for chronic disease				
Diabetes (Type 2)	Diabetes screening for adults with continuous blood pressure greater than 135/80 mmHg				
HIV/AIDS	Screening for adults at higher risk		All a	ages	
Obesity	Screening for obesity in all adults				
Sexually Transmitted Infection (STI)	Counseling for STI in all sexually active adults				
Immunization Vaccine- According to the Advisory Committee on Immunization Practices (ACIP) **	Vaccine recommendations will vary. Learn more about the latest vaccine schedules				

	VISIT WORK SHEET								
DATE	NOTES	DATE	NOTES	DATE	NOTES				

^{**} For the ACIP's current recommendation on Immunizations refer to the National Immunization Program Web site at http://www.cdc.gov/vaccines/recs/schedules/default.htm

	WOMEN PREVENTATIV	/E CARE S	SERVIC	CES		
SERVICE	RVICE DESCRIPTION		18-34 years 35-49 years		50-64 years	65+ years
Cervical Cancer	Pap smear screening every 3 years			21 - 6	5 years	
Human Papillomavirus (HPV) Test	Testing every 5 years with a combination of cytology and HPV test			30) years or older	
Breast Cancer	Mammography screening every 2 years				50 - 74	l years
Osteoporosis	Screening in women 65 years or older and in younger women whose fracture risk is high					65 years - Lifetime
Gonorrhea	Gonorrhea screening for those that are at increased risk for infection	All sexually active women				
Chlamydia Infection	Chlamydia screening for those that are at increased risk for infection	All sexually active non-pregnant young women aged 24 and younger and for older non-pregnant women who are at increased risk				
Well-woman	Doctors visits for recommended preventive services					
Domestic and interpersonal violence	Screening and counseling					
BRCA* Genetic Testing	Women whose family history is associated with an increased risk for genetic mutations associated with breast and ovarian cancer be referred for genetic counseling and evaluation for BRCA testing.	All women				
Medication for risk reduction of breast cancer	Informed decision making with women who are at increased risk for breast cancer					

^{*}BRCA1 and BRCA2 are human genes. Specific changes in BRCA1 and BRCA2 increase the risk of female breast and ovarian cancers.

VISIT WORK SHEET									
DATE	NOTES	DATE	NOTES	DATE	NOTES				

Source: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.uspreventiveservicestaskforce.org/

	PREGNANT WOMEN PREVE	NTATIVE CARE SERVICES
SERVICE	DESCRIPTION	
Contraception	Patient education and counseling. Access to all Food and Drug Administration-approved contraceptive methods and sterilization procedures	
Folic Acid	All women planning or capable of preg- nancy take daily supplement of folic acid	
Hepatitis B	Screening at the first prenatal visit is strongly recommended	
Rh Incompatibility	Rh (D) blood typing and antibody testing at the first prenatal visit is strongly recommended	All pregnant women
Anemia	Screening on a routine basis	
Syphilis	Screen all pregnant women for syphilis infection	
Bacteriuria	Screening with urine culture at 12-16 weeks gestation	
Breastfeeding	Counseling to promote and support breastfeeding	

Source: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.uspreventiveservicestaskforce.org/

	VISIT WORK SHEET									
DATE	NOTES	DATE	NOTES	NOTES DATE						

	CHILD PREVENTATIVE CARE SERVICES									
SERVICE	DESCRIPTION	0-11 months		1-4 y	/ears	5-10 years	11-14 years	15-17 years		
Gonorrhea	Prevention									
Congenital Hypothyroidism	Screening									
Hearing	Screening	Newborns								
Sickle Cell Disease	Screening									
Phenylketonuria (PKU)	Screening Genetic Disorder									
Iron	Supplements	6-12 months risk for aner								
Autism	Screening		Chile 18 ar mor	nd 24						
Oral Health	Risk Assessment		For	young	children					
Developmental	Screening	Scr	eening			in children ur throughout ch	nder 3 years of a	age		
Immunization	Vaccines					e recommend latest vaccine	ations will vary. schedules.)			
Tuberculin	Testing			Chil	dren at high	risk for tubero	culosis			
Lead	Screening	Children under age 6 are at risk for lead exposure								
Hematocrit or Hemoglobin	Screening				All (Children				
Vision	Screening	Children checked								

Source: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.cdc.gov/vaccines/schedules/http://www.uspreventiveservicestaskforce.org/

	VISIT WORK SHEET								
DATE	NOTES	DATE	NOTES	DATE	NOTES				

	CHILD PREVENTATIVE CARE SERVICES										
SERVICE	DESCRIPTION	0-11 months	1-4 years	5-10 years	11-14 years	15-17 years					
Cervical Dysplasia	Screening		Sexually	active females							
HIV	Screening					Ages 15-17 at increased risk for HIV					
Sexually Transmitted Infection (STI)	Prevention counseling and Screening	В	sehavioral counseling to p adolescents at i)					
Alcohol and Drug Use	Assessments				Alcohol and assessments f	d Drug Use or adolescents					
Depression	Screening				depressiv	ng for major ve disorder in ts (ages 12-18)					
Dyslipidemia	Screening	Dysli	ipidemia screening for chi	ldren at higher r	risk of lipid disord	ders					
Fluoride	Supplements	Fluorio	de supplements for childre	n without fluorid	le in their water s	ource					
Behavioral	Assessments										
Blood Pressure	Screening										
Height, Weight, Body Mass Index	Measurements		All	Children							
Medical History	Assessments throughout development										
Obesity	Screening and Counseling										
Tobacco	Provide Interventions, education and counseling			or brief cour	rventions, includinseling, to prever e in school-aged adolescents.	nt initiation of					

	CHILD PREVENTATIVE CARE SERVICES						VISIT WORK SHEET								
SERVICE	DESCRIPTION	0-11 months	1-4 years	5-10 years	11-14 years	15-17 years	DATE		NOTES	DATE		NOTES	DATE	NOTE	S
Cervical Dysplasia	Screening		Sexually	active females											
HIV	Screening					Ages 15-17 at increased risk for HIV									
Sexually Transmitted Infection (STI)	Prevention counseling and Screening	В	Behavioral counseling to prevent STIs for all sexually active adolescents at increased risk for STIs.												
Alcohol and Drug Use	Assessments					nd Drug Use for adolescents									
Depression	Screening				depress	ing for major ive disorder in nts (ages 12-18)									
Dyslipidemia	Screening	Dysli	Dyslipidemia screening for children at higher risk of lipid disorders												
Fluoride	Supplements	Fluorio	de supplements for childre	en without fluorid	e in their water s	source									
Behavioral	Assessments														
Blood Pressure	Screening														
Height, Weight, Body Mass Index	Measurements		Al	l Children											
Medical History	Assessments through- out development														
Obesity	Screening and Counseling														
Tobacco	Provide Interventions, education and counseling			or brief cour	rventions, includ nseling, to preve e in school-aged adolescents.	ent initiation of									





	兒童	及青少年健康	表體格檢查表 表體格檢查表					
預防性檢查項目	預防性服務	0-11個月	1-4歲	5-10歲	11-14歲	15-17歲		
子宮頸檢查	測試	性生活活躍的女性						
愛滋病病毒 (HIV)	測試					15至17歲高 危青少年		
性傳染疾病 (STI)	預防性諮詢及測試		所有性生活	舌活躍的青少年				
飲酒和吸食毒品	評估	有飲酒和吸食毒品的青少年						
抑鬱	測試				為12至18歲的青少年測 試抑鬱症狀			
血脂異常	測試		所有年齡。	或血脂代謝異常				
氟化物含量	補充品		所有兒童或飲用	下含氟化物水源	的兒童			
行為健康	測試							
血壓	測試							
身高、體重、體重指數 (BMI)	測試		所有兒	童及青少年				
病史	測試							
肥胖	測試							
吸煙	提供戒煙,教育及顧問 服務			5	有吸煙的青少年	≣		

			檢查記錄		
日期	備註	日期	備註	日期	備註

	兒童	及青少年健	康體村	各檢	查表			
預防性檢查項目	預防性服務	0-11個月	1-4歲		1歲	5-10歲	11-14歲	15-17歲
淋病	預防							
先天性甲狀腺功能減退症	測試							
聽力	測試	初生嬰兒						
鐮形血球症	測試							
苯丙酮尿症 (PKU)	遺傳測試							
質含量	補充品	6個至個12月	6個至個12月嬰兒					
自閉症	測試		18個別					
□腔健康	風險評估		嬰	見兒及	幼童			
成長發育	測試		測試應	提供	給3歲以下的	小孩及繼續在	兒童時期觀察	
免疫注射	防疫注射	初生嬰兒至18歲	え (<i>劑量</i>	、適	用年齡及族裔	簽各有不同。請	查閱最新的防疫	逆注射資料。)
肺結核	測試				高	危兒童		
鉛含量	測試	6歲以下	有接觸	的高	危兒童			
紅細胞比容或血紅素	測試	所有兒童						
視力	測試	6歲前	最少一次	 尺視力	測試			

資料來源: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.cdc.gov/vaccines/schedules/http://www.uspreventiveservicestaskforce.org/

日期	備註	日期	備註	日期	備註

	李婦健康體 李婦健康體
預防性檢查項目	預防性服務
避孕	為父母提供教育及諮詢服務。了解所有食品 和藥物管理局批准的避孕方法及消毒程序。
葉酸	所有計劃及適合懷孕女性,每日所服用葉酸 補充品的諮詢服務
B型肝炎	極力建議孕婦在首次產前檢查時,進行測試
Rh 血液因子不合	極力建議孕婦於首次產科檢查時, 進行 Rh (D) 血型及抗體測試
貧血症	孕婦例行檢查
梅毒	為所有孕婦進行梅毒感染測試
菌尿症	為12至16周孕婦尿液測試
母乳餵哺	為推廣和支持母乳餵哺諮詢

資料來源: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.uspreventiveservicestaskforce.org/

	檢查記錄								
日期	備註	日期	備註	日期	備註				

	女性健康體	格檢查表			
預防性檢查項目	預防性服務	18至34歲	35至49歲	50至64歲	65歲及以上
子宮頸癌	每三年一次子宮頸抹片檢查	21至65歲			
乳頭狀瘤病毒 (HPV) DNA 測試	(HPV) DNA 細胞檢查結果正常的高危女性 每三年檢查一次	30歲或以上			
乳癌	每兩年一次乳房 X 光檢查	50至74歲			
骨質疏鬆	為65歲或以上,以及骨折高危女性進行檢測				65歲或以上
淋病	為所有性生活活躍及容易受感染的 高危女性接受檢查	所有性生活活躍的女性			
衣原體感染	測試		為24歲以下性生活 以及高齡無懷孕的		
日常健康	定期檢查				
家庭暴力和人際暴力	測試及諮詢服務				
遺傳諮詢和評估 BRCA* 測試	有家族病史的婦女增加相關的基因突變與乳腺癌和卵巢癌的風險,被稱為遺傳諮詢和評估 BRCA 測試。				
降低乳癌風險的治療	醫生與患乳腺癌高風險的婦女討論是否適用 藥物等降低風險。				

^{*}BRCA1 和 BRCA2 是人類基因。具體突變 BRCA1 和 BRCA2 的女性患乳癌和卵巢癌的風險增加。 資料來源: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.uspreventiveservicestaskforce.org/

日期	備註	日期	備註	日期	備註				

	成人健康體	格檢查表						
預防性檢查項目	預防性服務	18至34歲	35至49歲	50至64歲	65歲及以上			
血壓	所有成人血壓檢測							
抑鬱	抑鬱測試							
飲食調節	為屬慢性病高風險的成人進行飲食調節諮詢							
乙型糖尿病	乙型糖尿病測試							
愛滋病 (HIV/AIDS)	愛滋病測試	所有成人						
肥胖	為所有成人進行肥胖測量							
性傳染疾病 (STI)	為性行為活躍的成人進行預防性諮詢							
免疫注射-根據ACIP的免疫指引**	疫苗指引會有不同,請查詢最新的指引。							

 日期		日期	──檢查記錄 │ │	日期	
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^{**} 有關最新 ACIP 的免疫指引,請瀏覽國際免疫計劃的網址: http://www.cdc.gov/vaccines/recs/schedules/default.htm

	成人健康體	名檢查表					
預防性檢查項目	預防性服務	18至34歲	35至49歲	50至64歲	65歲及以上		
膽固醇	為某些年齡或有較高風險的	高風險男性: 20至35歲		男性: 35歲或以上	男性: 35歲或以上		
NE CITY	成人進行膽固醇測試	高風險女性:	20至45歲	女性: 45歲或以上			
88 B G 3 T + + + +	服用阿司匹林以預防心血管疾病			男性: 45至79歲			
服用阿司匹林*	版用內可也外以預別心皿管疾病			女性: 55至79歲			
大腸癌	大便隱血測試、乙狀結腸鏡或結腸鏡檢查			50至	0至75歲		
腹腔	曾經吸煙的男性作一次性超聲波檢查				男性: 65至75歲		
濫用酒精	測試及行為狀態諮詢,以減少濫用酒精	55右武 人					
吸煙	為所有成年人和吸煙者提供測試及戒煙方法		所有成人				

檢查記錄

日期

備註

日期

備註

日期

備註

資料來源: http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html http://www.uspreventiveservicestaskforce.org/ http://www.cdc.gov/vaccines/schedules/

^{*}服用阿司匹林: 當胃腸道出血的增加引致的危害相比減少心肌梗塞(男性45至79歳),或減輕缺血性中風(女性55至79歲)較高。

CCHP 預防性檢查健康手冊					
姓名				會員號碼	
主治醫生				電話號碼	
婦科/產科				電話號碼	
兒科醫生	4	A .		電話號碼	

健康生活,由預防開始

此健康手冊的用途是為閣下列出各項預防性檢查的項目及日期,旨在幫助您及您家人保持身心健康。如按照指引做檢查,有助於及早發現疾病隱患並控制病情。

下一次約見您的醫生時,謹記攜帶此健康手冊,以作檢查的記錄。

重要聯絡資料:

華人保健計劃 (CCHP) 會員服務中心

827 Pacific Avenue San Francisco, CA 94133 (415) 834-2118 (888) 775-7888

華人保健計劃 (CCHP) 24 小時護士諮詢專線 (888) 243-8310

華人社區健康資源中心

835 Pacific Avenue San Francisco, CA 94133 (415) 677-2473 www.cchrchealth.org 健華 計人 計人 <u>Health</u> <u>Plan</u> CCHP

