



Health Screenings Can Save Your Life

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for a healthy tomorrow.

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IE  **HP**
Inland Empire Health Plan

About This Guide

We've all heard how eating right and being active are the secrets to a long, healthy life. These are important. But there's more you can do to stop disease. Finding health problems early gives you more treatment choices or a cure. That's where health screenings come in.

Health screenings are vital for all people, from newborns to seniors. These tests are designed to look for signs that you may be at risk for certain conditions. They help spot health problems at an early stage, even if you have no symptoms.

No two people are the same. The screenings in this guide are recommended for most people. Your Doctor's recommendations may vary based on your risk. **IEHP covers all of these screenings.**

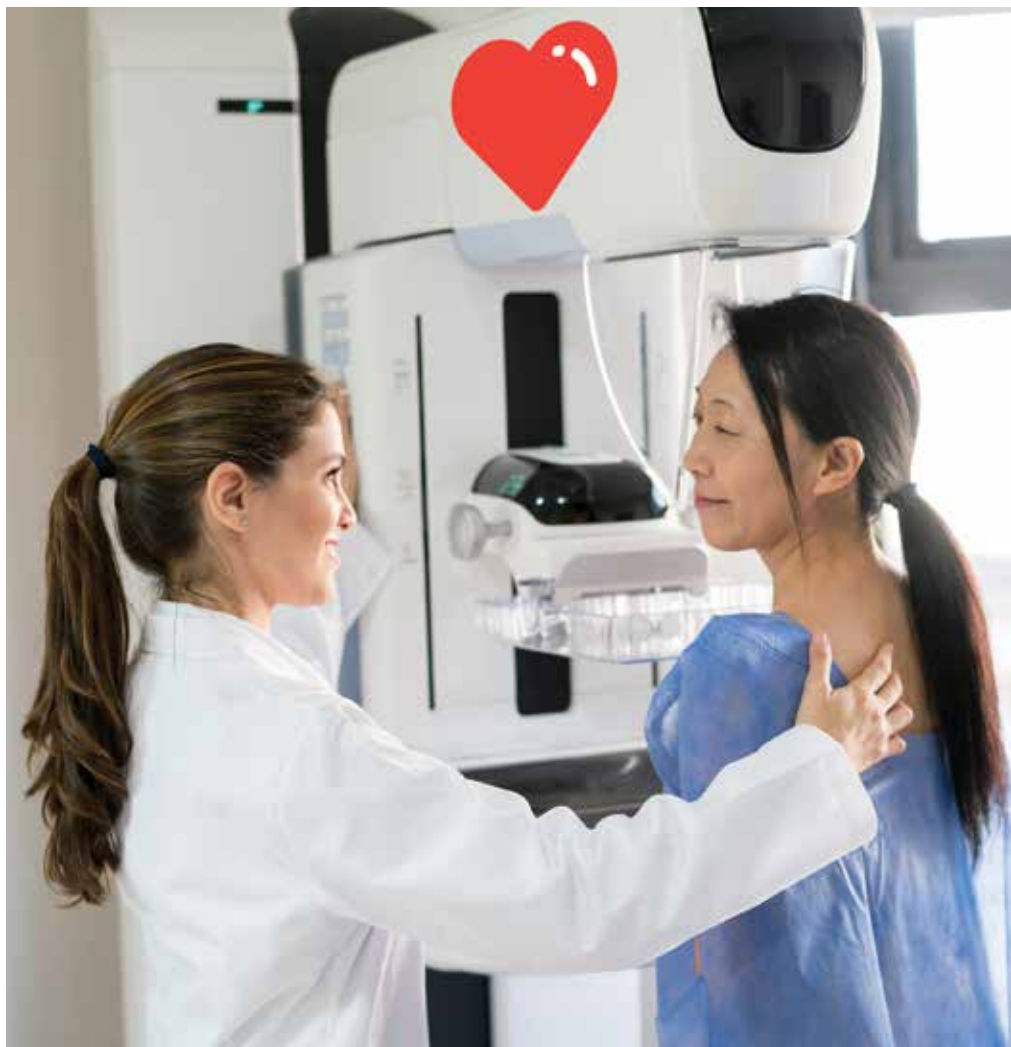
You may simply need a lifestyle change or treatment of early symptoms. The only way to know for sure is to talk to your Doctor about the screenings you need. Don't wait. Take charge of your health!

The screenings in this guide are the most up-to-date recommendations of the United States Preventative Services Taskforce (USPSTF) as of May 2022. Your Doctor's recommendations may differ.



Types of Screenings

Screenings come in many forms. Each screening in this guide will have one of these icons to tell you what type it is.





Medical Tests (MT)

These are tests ordered by your Doctor. Many tests are done by drawing a small amount of blood or taking a urine sample. But some tests might be more involved, like an X-ray or scan of a part of your body. No matter how the test is performed, know that it is safe. Your Doctor will tell you what you need to do to get ready for the test and answer any questions you have.



Screening Questions (SQ)

Sometimes your Doctor can screen for a condition just by asking you some questions. The questions might be about your family or health history, disease symptoms, and any risks you have. Often, your risk for a disease is linked to health behaviors. Your Doctor might ask you about the types of foods you eat, whether you use tobacco, drink alcohol or use drugs, or if you are sexually active. For these types of screenings, it is important to answer the questions honestly so your Doctor can suggest the best medical tests or treatments.


















Counseling & Preventive Treatments (CPT)

















































If a test shows that you are at high risk for a disease, your Doctor might give you medicine or some other treatment to lower the risk of disease. Sometimes, the Doctor may send you to a specialist or offer education about that disease and ways to stop it. These treatments are designed to stop serious disease, so it's important to follow your Doctor's instructions with care. If you have questions about the treatment, talk with your Doctor.































How to Use This Guide

Look for the symbol below that best describes you. The screening tests listed for your group are the screenings you may need. Not all screenings are for all people. Learn more about each test on the following pages. Talk with your Doctor about the screenings you think you may need based on your age, sex and any risks you have.

N**Newborns (Birth to 1Yr)****EC****Early Childhood (Ages 1-9)****TA****Teens & Adolescents (Ages 10-18)****M****Adult Men (Ages 18-50)****W****Adult Women (Ages 18-50)****P****Pregnant People (Any Age)****S****Older Adults & Seniors (Ages 50+)**

SCREENING NAME	TYPE	PAGE	AGE GROUP
Dental Cavity Prevention		9	N EC
Gonorrhea Prophylactic Medicine		9	N
Newborn		9	N
Obesity Monitoring – Childhood		11	EC TA
Skin Cancer Education		11	EC TA M W
Tobacco Prevention Education		12	EC TA
Vision		12	EC
Chlamydia & Gonorrhea		13	TA W P
Depression		13	TA M W P S
Substance Use Evaluation		14	TA M W P
Hepatitis B Virus (HBV)		14	TA M W
Human Immunodeficiency Virus (HIV)		15	TA M W P S
Pre-Exposure Prophylaxis (PrEP)		15	TA M W
Sexually Transmitted Infections (STIs) Education		16	TA M W
Syphilis – Teens & Adults		16	TA M W

SCREENING NAME	TYPE	PAGE	AGE GROUP
Tuberculosis (TB)		17	   
Alcohol Misuse		17	 
Blood Pressure		17	  
Diabetes		18	  
Healthy Diet and Physical Activity		18	  
Hepatitis C Virus (HCV)		19	  
Obesity Education – Adults		19	 
Statins to Prevent High Cholesterol		19	  
Tobacco/Smoking Cessation Support		20	  
Breast Cancer		20	
Breast Cancer Risk Assessment		21	
Breast Cancer Preventive Medicine		21	
Cervical Cancer (Pap Smear)		22	 
Intimate Partner Violence (IPV)		22	
Aspirin for Preeclampsia		24	

SCREENING NAME	TYPE	PAGE	AGE GROUP
Blood Typing		24	
Lactation Education		25	
Folic Acid Supplementation		25	
Gestational Diabetes Mellitus (GDM)		25	
Healthy Weight Gain During Pregnancy		26	
Hepatitis B Virus (HBV) – Pregnancy		26	
High Blood Pressure – Preeclampsia		27	
Syphilis – Pregnancy		27	
Tobacco Use Education – Pregnancy		27	
Urine Bacteria		28	
Abdominal Aortic Aneurysm		28	
Colorectal Cancer		29	
Falls Prevention Education		29	
Lung Cancer		30	
Osteoporosis		30	

Screening Details



Dental Cavity Prevention

To stop tooth decay, your child's Doctor may put a fluoride gel on your baby's teeth to help keep them strong.

Who? **N** **EC** When teething begins (approximately 6 months) through 5 years.

How Often? Every 6 months.



Gonorrhea Prophylactic Medicine

This eye ointment protects babies at birth from "pink eye." At highest risk are those born of mothers with gonorrhea or chlamydia. If not treated, pink eye from gonorrhea can cause eye harm and blindness. This treatment can also protect your baby against other common bacteria.

Who? **N** Newborn babies.

How Often? One time, at birth.



Newborn Screenings

If the blood tests show anything unusual, your baby may need additional testing or treatment. Your Doctor will let you know if this is the case.

Who? **N** Newborn babies.

How Often? One time, within the first day after birth.



Screening Details



Obesity Monitoring – Childhood

Most adults who are obese were obese as children as well. Detecting weight problems at an early age can lead to education and changes in behaviors that can help a child grow into a healthy adult. Your child's Doctor will check height and weight at routine well child visits. Height and weight are plotted on a growth chart. If your child's weight is not healthy, they may be referred to a specialist, or given special education to help fix any weight problems before they turn into obesity.

Who? **EC** **TA** Children over age 6.

How Often? During regular well child visits with the Doctor.



Skin Cancer Education

This education shows simple sun-safe actions for fair-skinned young persons, ages 6 months to 24 years, to protect against skin cancer.

Who? **EC** **TA** **M** **W** Young adults, adolescents, children and parents of young children.

How Often? No recommendation, as needed.



Tobacco Prevention Education

Smoking harms nearly all the organs in the body and causes about one in five deaths in the United States each year. Tobacco prevention education teaches children about the harmful effects tobacco use before they start or become addicted. Support to quit smoking, such as counseling and medications, can increase your chances of quitting.

Who?   All school-aged children and adolescents.

How Often?

During routine well child visits with your Doctor.



Vision

It's vital to find and treat eye problems before visual development is complete.

Who?  Children ages 3-5.

How Often? At least one time, then follow Doctor's recommendation for follow up and additional testing.

Screening Details



Chlamydia & Gonorrhea

Chlamydia and gonorrhea are both sexually transmitted infections (STIs). When caught early, they can be treated to protect you from pelvic inflammatory disease (PID), an infection of the reproductive organs. PID can cause problems getting pregnant, problems during pregnancy, and long-term pelvic pain. There are a few ways your Doctor can check for these diseases. The most common way is with a urine sample. The Doctor might also use a cotton swab to collect a fluid sample from your genitals or throat.

Who? **TA** **W** **P** Ages 15-24 if sexually active; and older women at increased risk of infection.

How Often? As needed.



Depression

Depression is a common illness. Most people with depression need treatment to get better. If you are diagnosed with depression, treatment can improve how you feel, and help you better deal with everyday life. Your Doctor can check for depression by asking you some screening questions. The screening questions your Doctor will ask may vary by age and other reasons.

Who? **TA** **M** **W** **P** **S** Everyone over age 12.

How Often? No recommendation, as needed.



Drug Use Evaluation

Drug use is one of the most common causes of preventable death and injury. If you do take drugs that your Doctor did not prescribe, be sure to tell your Doctor so they can offer the best testing, treatment and education to help you. When your Doctor asks you about any drugs you might be using, it is not to get you in trouble with the police. They need to know so they can help keep you safe.

Who? **TA** **M** **W** **P** Adults over age 18; and teens ages 12-17 if at risk.

How Often? No recommendation, as needed.



Hepatitis B Virus (HBV)

HBV is an infection of the liver which can be spread through contact with the blood, open sores or body fluids of someone who has the virus. Early diagnosis and treatment can protect against liver damage, cancer or failure. If you don't have HBV but think you may be at high risk, ask your Doctor about the hepatitis B vaccine.

Who? **TA** **M** **W** Non-pregnant people at risk (people who inject drugs, men who have sex with men, people living with HIV).

How Often? No recommendation, periodically if risk continues.

Screening Details



Human Immunodeficiency Virus (HIV)

HIV is spread mainly through unsafe sex or sharing needles with an HIV-infected person. It's important to find out early if you have HIV. Treatment can help you stay well, prevent AIDS, and reduce the chances of spreading HIV to someone else. Talk to your Doctor about your risks to decide how often you should test for HIV.

Who? **TA** **M** **W** **P** **S** Everyone ages 15-65, pregnant people and others who are at risk.

How Often? Varies by risk, yearly for most people, every 3-6 months for those at higher risk.



Pre-Exposure Prophylaxis (PrEP)

People at high risk of getting HIV can take a pill every day or get a shot from their Doctor every two months that reduces their risk of getting HIV. This is called pre-exposure prophylaxis, or PrEP. People who take PrEP should also use condoms when they have sex and not share needles to inject drugs to prevent other infections besides HIV. People who are at risk have multiple sex partners, a sex partner who is HIV positive, or a sex partner with an unknown HIV status.

Who? **TA** **M** **W** Anyone at risk.

How Often? Daily medication or an injection every two months.



Sexually Transmitted Infections (STIs) Education

This education can reduce the chances of getting an STI by helping decrease risky behaviors and encouraging safe sex. If you are having sex, your Doctor may suggest regular STI screenings. This may include taking samples of blood, urine, saliva, and using a cotton swab to collect samples of fluid from your genitals and throat.

Who? **TA** **M** **W** Sexually active teens and at-risk adults.

How Often? As needed, for as long as the risk is present.



Syphilis – Teens & Adults

Syphilis is a sexually transmitted infection (STI). Finding and treating syphilis early can easily cure it and protect against spreading it to others. If not treated, the late-stage disease can damage the heart, brain and other organs.

Who? **TA** **M** **W** Sexually active teens and at-risk adults.

How Often? Once per year, unless high risk, then every 3-6 months.

Screening Details



TUBERCULOSIS (TB)

Tuberculosis bacteria is spread from one person to another through the air. Screening for tuberculosis can detect latent or “still asleep” TB to treat it before it “wakes up” and becomes active. Active TB can make you very ill and requires a long course of treatment.

Who? **T** **A** **M** **W** **S** People at-risk, mostly those who work in healthcare settings or who have been exposed.

How Often? No recommendation, depends on risk.



Alcohol Misuse

Drinking alcohol is normal and healthy. Drinking too much alcohol can have harmful effects on your body and put you at risk for health problems. Your Doctor may ask you questions about how much and how often you drink alcohol. If needed, counseling and education can help you cut down on drinking to avoid dependence in the future.

Who? **M** **W** Adults over age 21.

How Often? No recommendation, as needed.



Blood Pressure

High blood pressure has no symptoms. But if left untreated, it can lead to heart disease and stroke. If screening shows that you have high blood pressure, you can lower it through better eating habits and physical activity. In some cases, your Doctor may give you medicine to help with high blood pressure.

Who? **M** **W** **S** Adults over age 18.

How Often? At every visit with your Doctor.



Diabetes

This screening will measure the amount of sugar in your blood. If your sugars are high, eating a more healthful diet and living a more active life can help cut your risk of getting diabetes. Your Doctor may suggest nutrition counseling or education.

Who? **M** **W** **S** Everyone ages 35-70; younger if at risk.

How Often? Every 3 years, more often if high risk.



Healthy Diet and Physical Activity

Being overweight or obese puts you at risk for heart and blood vessel disease. A healthy diet and physical activity can protect you from heart attacks and strokes.

Who? **M** **W** **S** Adults at risk for cardiovascular disease.

How Often? No recommendation, as needed during regular Doctor's office visits.

Screening Details



Hepatitis C Virus (HCV)

Hepatitis C is spread by contact with infected blood. People at risk include healthcare workers, drug users who share needles, or people who had blood transfusions before 1992. Finding out early if you have hepatitis C can stop the infection from doing long-term harm to your liver. If untreated, hepatitis C can lead to cirrhosis and liver cancer.

Who? **M** **W** **S** Adults ages 18-79.

How Often? One time, unless you have ongoing risk.



Obesity Education – Adults

If you are overweight, your Doctor can help with education or a referral to a program to learn about healthy eating and physical activity.

Who? **M** **W** Adults over age 18.

How Often? As needed during regular visits with your Doctor.



Statins to Prevent High Cholesterol

If you have very high cholesterol (fats) in your blood or other risk factors for heart disease, your Doctor may recommend a type of medicine called “statins,” as well as lifestyle changes (diet and exercise). Statins are drugs that lower the amount of cholesterol your liver makes. This can help protect you from clogged arteries, heart attacks, stroke or other circulatory problems.

Who? **M** **W** **S** Everyone ages 40-75, under certain conditions.

How Often? Daily medication.



Tobacco/Smoking Cessation Support

Smoking harms almost every organ in the body and causes about one in five deaths in the United States every year. Support to quit smoking, such as counseling and medications, can increase your chances of quitting.

Who? **M** **W** **P** Adults who smoke or vape.

How Often? During regular visits with your Doctor.



Breast Cancer

A mammogram is a breast X-ray. It can spot breast cancer early when it's most treatable and when your chance of a cure is much higher. People who have breasts should get this screening every two years, starting at age 50. Those who are at high risk or would like to start screening at an earlier age can talk to their Doctor about starting screening at age 40.

Who? **W** Women ages 50-74; Age 40 if you are at high risk, or personal preference.

How Often? Every two years.

Screening Details



Breast Cancer Risk Assessment

This screening estimates your risk of breast cancer based on personal and family history. If at risk, you may be referred to a genetic counselor for support, and possibly for testing of harmful changes in your genes that could lead to cancer.

Who? **W** Women with a personal or family history of breast, ovarian, tubal or peritoneal cancer, or an ancestry associated with BRCA1/2 gene mutation.

How Often? One time.



Breast Cancer Preventive Medicine

Some women at an increased risk of getting breast cancer may benefit from taking a medicine to help stop cancer. If other screening tests determine you are at risk, your Doctor may recommend this medicine for you.

Who? **W** Women over 35 at increased risk for breast cancer.

How Often? Daily medication.



Cervical Cancer (Pap Smear)

The Pap test can detect not normal cells on your cervix early enough so they can be treated before cancer has a chance to grow. Every person who has a cervix should have this screening at least every few years. How often you need it depends on your risk and the type of test your Doctor uses.

Who? **W S** Women ages 21-65.

How Often? Every 3-5 years, depending on risk and type of screening.



Intimate Partner Violence (IPV)

IPV screening questions can help you identify any experience of physical or mental abuse. They also offer you the choice to get the help you may need to protect your health or your life. Even if you do not feel comfortable talking about IPV, you can get information to use when you need it. This can help prevent serious abuse in the future.

Who? **W** People of childbearing age.

How Often? No recommendation, as needed.



Screening Details



Aspirin for Preeclampsia

Some people can develop high blood pressure during pregnancy. This is sometimes called preeclampsia. If you are at high risk for this condition, taking a daily aspirin pill might help prevent or control preeclampsia. Your Doctor can help you decide if taking low-dose aspirin during pregnancy is right for you.

Who? **P** Pregnant people.

How Often? Daily, if needed.



Blood Typing

If your blood type is Rh-negative and your baby is Rh-positive, your blood may produce antibodies that will destroy your baby's red blood cells. This poses great danger of serious complications, even death, for the unborn baby. Treatment early in your pregnancy can help make sure that both you and your baby stay healthy. If you are Rh-negative, screenings again later in your pregnancy can check the level of antibodies in your blood.

Who? **P** Pregnant people.

How Often? One time, at the first pre-natal visit.

Screening Details



Lactation Education

With this education, you'll get everything you need to make an informed choice about how to feed your baby. If you choose to nurse, you'll get sound advice and the support you need to make nursing work for you and your baby.

Who? **P** Pregnant people.

How Often? As needed during pregnancy, and the first year after baby is born.



Folic Acid Supplementation

Low levels of folic acid in a pregnant person's blood can lead to serious birth defects. Birth defects can be formed before some people even know they are pregnant. Because pregnancies are sometimes unplanned, it's a good idea to take folic acid every day.

Who? **P** Any person planning to be or could get pregnant.

How Often? Daily pill.



Gestational Diabetes Mellitus (GDM)

Some people have high blood sugar levels during pregnancy. This is known as gestational diabetes mellitus (GDM). Since GDM has no symptoms, screening is very important. If you screen positive, you'll get treatment and education to avoid problems for you and your baby during pregnancy and delivery.

Who? **P** Pregnant people at 24-28 weeks of pregnancy.

How Often? One time.



Healthy Weight Gain During Pregnancy

The amount of weight you gain during pregnancy is important for the health of your pregnancy and for the long-term health of you and your baby. During your pregnancy, your Doctor will check your weight and give you education and advice if you are gaining too little or too much weight.

Who? **P** Pregnant people.

How Often? Throughout pregnancy.



Hepatitis B Virus (HBV) – Pregnancy

HBV is an infection of the liver which can be spread through contact with the blood, open sores, or body fluids of someone who has the virus. Babies born to people who have HBV are at 90% risk of getting this infection if not treated right away when born, or within the first 12 hours of life. If HBV is found early in pregnancy, follow-up care can be provided during and after your pregnancy to assure best outcomes for you and your baby.

Who? **P** Pregnant people.

How Often? One time, at first prenatal visit.

Screening Details



High Blood Pressure – Preeclampsia

High blood pressure can go from a mild to a life-threatening condition in pregnancy very quickly. Treating high blood pressure can protect your health and your baby's health.

Who? **P** Pregnant people.

How Often? At every prenatal visit.



Syphilis – Pregnancy

Although usually transmitted through sex, syphilis can be passed from mother to child at any time during pregnancy. Early treatment during your pregnancy can prevent this and protect your baby from serious health problems or death.

Who? **P** Pregnant people.

How Often? One time, at first prenatal visit – may be repeated in the third trimester.



Tobacco Use Education – Pregnancy

Quitting smoking when pregnant can protect your baby's health before and after birth. It lowers the risk of the baby dying before birth, being born too early or too small, and certain birth defects.

Who? **P** Pregnant and breastfeeding people who use tobacco.

How Often? Ongoing, as soon as the risk is identified.



Urine Bacteria

This test checks for bacteria in the urine. Early treatment lowers your risk of urinary tract infection, which can lead to severe illness for you or the baby, low birth weight or early birth.

Who? **P** Pregnant people.

How Often? One time, at first prenatal visit.



Abdominal Aortic Aneurysm

The aorta is the major artery supplying blood to your body. An aneurysm is a widening or “bulging” of a blood vessel. This screening checks for a bulge in the aorta as it passes through your stomach. If there is one, it could get bigger and burst. Early detection of this aneurysm can lead to surgery that could save your life. This surgery is much safer than the emergency repair needed after an aneurysm ruptures.

Who? **S** Men ages 65-75 who have ever smoked cigarettes.

How Often? One time.

Screening Details



COLORECTAL CANCER

Colorectal cancer affects the colon and the rectum.

Screening can find and remove growths in these areas before they turn into cancer. If you have risks like family history, or if you are obese, your Doctor may suggest this screening at age 45. There are a few different types of tests for this. Talk with your Doctor about which test is the best for you.

Who? **S** Everyone ages 50-75; or age 45 if high risk.

How Often? Every 1-10 years, depending on risk and type of test used.



FALLS PREVENTION EDUCATION

Falling is the leading cause of injuries in older adults.

Your Doctor may recommend exercise programs that increase your balance and strength. This will help protect your mobility and maintain your independence.

Who? **S** Seniors over age 65.

How Often? As needed, depending on risk.



LUNG CANCER

Screening for lung cancer with imaging (CT scan) in people who smoke or who have quit within the past 15 years, helps to find cancer at an early stage, when treatment will work best.

Who? **S** Anyone ages 50-80 who smokes cigarettes, or has quit smoking in the last 15 years.

How Often? Once per year.



OSTEOPOROSIS

Osteoporosis is a disease that makes your bones brittle and prone to breaking. Screening with X-ray tests helps find and treat the condition of thinning and weak bones to prevent further bone loss and protect you from breaks.

Who? **S** Women over age 65, or younger women who are in menopause.

How Often? No recommendation, depends on risk and baseline measure.



Call IEHP Member Services:

1-800-440-4347 | 1-800-718-4347 for TTY users
Monday-Friday, 7 a.m.-7 p.m., and
Saturday-Sunday, 8 a.m.-5 p.m.

