Partnering for Your Best Health 2020

We’re here to partner with you in your complete health and wellness. At Sutter Health, you have a complete care team with you. We believe in partnering in your health and wellness so you can feel your best. Find out when check-ups, screenings and immunizations are generally recommended, then talk to your provider or care team about what’s right for you.

Wellness Check
Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

Cholesterol:
Screen every five years.

HIV/AIDS:
Check between ages 15 and 65.

Immunizations

Influenza (Flu):
Yearly flu vaccine.

Varicella (Chickenpox):
A vaccine for adults born in 1980 or later.

New

Human Papillomavirus (HPV):
Ages 15 to 26

MMR (Measles, Mumps and Rubella):
Adults ages 19 to 59 should have received in their chart at least one dose of the vaccine.

New

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):
Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women’s Health

Chlamydia and Gonorrhea:
Check yearly for sexually active females ages 15 to 24 years.

New

Pregnancy:
If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folate acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics:
Routine topics may include alcohol and tobacco use, depression, diabetes, domestic violence, heart health, preventing falls, safe sex and skin cancer. Talk to your care team about what is important to you. Together, you and your care team can develop action steps for your best health.

Immunizations

Two-dose series of vaccines can be given on same day or schedule

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Age 0-2</th>
<th>3-4</th>
<th>5-10</th>
<th>11-12</th>
<th>13-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polio</td>
<td>2 doses</td>
<td>2 doses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pertussis</td>
<td></td>
<td>2 doses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mumps, Measles and Rubella</td>
<td>2 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus, Diphtheria and Pertussis</td>
<td>2 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>influenza (flw)</td>
<td>2 doses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adults age 19 to 59 should have received in their chart at least one dose of the vaccine.

New

Weight

Cholesterol:
Check blood pressure, screen for healthy weight and assess overall health.

Screening Tests

HIV/AIDS:
Check between ages 15 and 65.

Immunizations

Influenza (Flu):
Yearly flu vaccine.

MMR (Measles, Mumps and Rubella):
Adults ages 19 to 59 should have received in their chart at least one dose of the vaccine.

New

Tdap/Td (Tetanus, Diphtheria and Pertussis/Tetanus and Diphtheria):
Adults younger than age 65 should receive one dose Tdap and then a Td or Tdap booster every 10 years.

Women’s Health

Chlamydia and Gonorrhea:
Check yearly for sexually active females ages 15 to 24 years.

New

Pregnancy:
If you are pregnant or able to get pregnant, take a daily vitamin or supplement containing 0.4 to 0.8 mg of folate acid. Talk to your doctor about more steps for a healthy pregnancy.

Discussion Topics:
Routine topics may include alcohol and tobacco use, depression, diabetes, domestic violence, heart health, preventing falls, safe sex and skin cancer. Talk to your care team about what is important to you. Together, you and your care team can develop action steps for your best health.