

To the men we love... **REMEMBER HOW IMPORTANT YOU ARE TO US!**



You and a Primary Care Physician

A Primary Care Physician (PCP) is a doctor who helps a patient maintain overall health. A PCP's primary role is to provide preventive care and teach about healthy choices, as well as identify common medical conditions in order to direct you to the best place for care.

Your PCP understands your medical history and what is normal for you. Your PCP keeps track of the progress of your health goals and should also work with you to meet the preventive care guidelines for adult men in your age range.

The Power of Prevention

It's worth taking the time to maintain your personal health now and prevent future health problems later. Choose a healthy lifestyle and work with your PCP to develop a plan.

What is Preventive Health Care?

Preventive health care focuses on avoiding disease and maintaining your health. It includes early detection of disease, help for people at risk of developing health problems and other necessary interventions to avoid potential health risks. Screening tests, health education, and immunizations are common examples of preventive health care.

See the **Preventive Care Guidelines for Men** on the back



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Work Well,
Live Well™



Find Health Problems Early

Screening in adults helps to identify diseases that may develop as you age. To help stay as healthy as possible, get routine checkups and have the screenings that you and your doctor decide on.

Preventive care visits with your PCP are recommended every 1–3 years and should include:

	MEN AGES 40–49	MEN AGES 50–64
HEALTH HISTORY & LIFESTYLE ASSESSMENT	Complete or update assessment, including family history, activity, tobacco, alcohol, drug use and sexual practices	
PHYSICAL EXAM	<ul style="list-style-type: none"> • Height and weight (Body Mass Index) • Blood pressure • Vision screening 	<ul style="list-style-type: none"> • Height and weight (Body Mass Index) • Blood pressure • Vision screening
TESTS	<ul style="list-style-type: none"> • Screen for lipid disorders every 5 years • Tuberculosis screening by PPD test as indicated • Screen for Type 2 diabetes if blood pressure >135/80 	<ul style="list-style-type: none"> • Screen for lipid disorders every 5 years • Screening for colorectal cancer (CRC) using fecal occult blood testing, sigmoidoscopy, or colonoscopy, beginning at age 50 years and continuing until age 75 years; if you are over age 50, talk with your doctor regarding the frequency of screening needed • Tuberculosis screening by PPD test as indicated • Screen for Type 2 diabetes if blood pressure >135/80
IMMUNIZATIONS	<ul style="list-style-type: none"> • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years • Flu vaccine annually 	<ul style="list-style-type: none"> • One-time dose Tetanus/Diphtheria/Pertussis; Tetanus/Diphtheria booster every 10 years • Flu vaccine annually • Shingles (Herpes Zoster) vaccine for ages 60 and up unless contraindicated
COUNSELING/SCREENING	<ul style="list-style-type: none"> • Diet and exercise • Smoking cessation • Alcohol/substance abuse prevention • Sexually transmitted diseases/HIV/sexual behavior • Family planning • Dental health • Sun exposure • Injury prevention (including seat belt, helmet use) • Life stage issues-family, child • Depression • Health Care Proxy/Advance Directives • Screen for HIV infection ages 15–65 	<ul style="list-style-type: none"> • Diet and exercise • Smoking cessation • Alcohol/substance abuse prevention • Sexually transmitted diseases/HIV/sexual behavior • Dental health • Sun exposure • Injury prevention (including seat belt, helmet use) • Life stage issues-bereavement • Depression • Health Care Proxy/Advance Directives • Screen for HIV infection age 15–65 • One time screening for HCV infection to adults born between 1945 and 1965
HIGH RISK INDIVIDUALS	<ul style="list-style-type: none"> • Aspirin therapy recommended for ages 45–79 years when benefit outweighs risks • Meningococcal, Varicella, Hep B, Measles/Mumps/Rubella and Hep A immunizations for those at risk • Screen for Abdominal Aortic Aneurysm (AAA) x 1 in men ages 65 to 75 who are smokers or who ever smoked • Pneumococcal vaccine recommended for those at risk; booster as needed 	

Guidelines adapted from the U.S. Preventive Services Task Force. Talk to your doctor about which preventive services are right for you. Your benefits may allow for services more frequently than what is listed here.

