

Living healthy.
You know seeing your
doctor every year
is important.

You're smart. And so are the choices you make for yourself.

Work and family mean a lot to you and keep you busy. And you want to be there for both by eating healthy, being active, and getting a check-up every year.

You're a San Francisco Health Plan member. You know that taking care of those you love means taking care of yourself too.



There are many more women's health resources on our website.
Visit San Francisco Health Plan online at www.sfhp.org.



See your doctor every year.

Call TODAY to schedule an appointment for a check-up. If you need help finding a doctor, call Member Services at **(800) 288-5555**. All help is FREE.



The time it takes to see your doctor can lead to a lifetime of good health. Be sure to talk to your doctor about these important health tests:

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|-----------------------------|---|
| Pap Smears | To check for cervical cancer and some sexually transmitted infections (STIs) |
| Chlamydia Screenings | Because this common STI can be easily cured if found early |
| Mammograms | Recommended for women over 40, this screening can let you know you're free from breast cancer |

Are you pregnant?

We'll send you a
\$50 Gift Certificate
and a **Free Gift**
for seeing your
doctor early.



It's important to see a doctor early in your pregnancy to make sure you and your baby are healthy. San Francisco Health Plan wants to help you get the services you need. We can help you find a doctor, *and* make an appointment for a prenatal visit.

You may be able to receive a special gift and a \$50 gift certificate to your choice of Macy's, Mervyn's, Target, or Old Navy for seeing your doctor.

For more information, call **(800) 288-5555**
Monday through Friday, 8:30am to 5:30pm.

Healthy living starts with a visit to your doctor.

Talk to your doctor about the chart below.

	18-39 years	40-49 years	50-64 years	65+ years
PHYSICAL EXAM				
Blood Pressure, Height and Weight	Every doctor visit			
Instructions for Breast Self-Examination	At first appointment, learn how to do the exams every month			
Dental, Vision, Hearing	Every 1 – 3 Years, or as recommended by your doctor			
SCREENINGS				
Cholesterol	Every 5 years or as recommended by your doctor.			
Chlamydia	Yearly if sexually active and < 25 years old Yearly, if sexually active and > 25 years old with new or multiple partners			
Pap Smear	Every 1 – 3 years as recommended by your doctor.		As recommended by your doctor	
Mammography	Every 1 – 2 years	Yearly	Every 1 – 2 year or as recommended by your doctor	
Colon Cancer Screening:			Annual fecal occult blood test, or sigmoidoscopy every 5 years or colonoscopy every 10 years; ask your doctor which test is right for you.	
IMMUNIZATIONS				
Tetanus-Diphtheria (Td)	Every 10 years			
Measles and Mumps	As recommended by your doctor			
Rubella	As recommended by your doctor			
Influenza	Every year if you are at risk		Yearly	
Pneumococcal	As recommended by your doctor			

If you need help making an appointment, call San Francisco Health Plan at **(800) 288-5555**.

Stay healthy at every age.

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www.sfhpo.org



Stay healthy at every age.



Look Good. Feel Good. Live Healthy.