



Planning to be a healthy adult

Regular well checkups are important to stay active and healthy even as you get older.

It is important to talk to your Primary care physician (PCP) about risk factors or symptoms for diseases that can affect you as you get older. Due to things such as family history of disease, your PCP may want to test you earlier than the recommended age.

For more information call
1-800-822-2447 (TTY: 711)
or visit us online at
AetnaBetterHealth.com/Pennsylvania

PA-20-10-07

Remember to:

- Eat healthy and be active.
- Maintain a healthy weight — Ask your PCP to measure your Body Mass Index (BMI) at least once a year. BMI is the measurement of body fat based on your height and weight.
- Do not smoke or drink alcohol.
- Outreach the Pennsylvania Free Quitline for resources on quitting tobacco if you currently use tobacco or nicotine products such as chew or e-cigarettes.
 - **1-877-724-1090** (In-person quit counseling)
 - **1 800 QUIT NOW** (Phone-based quit counseling)

Necessary shots to have at 19 years of age and older:

- Tetanus-Diphtheria (Td) or Tetanus Diphtheria and Pertussis (Tdap) (every 10 years)
- Influenza (flu) shot (every year)
- Human papillomavirus (HPV) (a three shot series for those starting the series 15 years of age and older)
- Meningococcal (MenB) (one shot between ages 16-18)



Aetna Better Health® Kids

Disease	Risk Factors/Symptoms	Additional Information
Heart Disease	Family history, race, smoking, physical inactivity, obesity, high cholesterol, high blood pressure and diabetes	Talk to your Primary care physician (PCP) about any questions or concerns.
Cholesterol	Family history, age, diet, overweight, lack of exercise and smoking	At any age, talk to your PCP if you have questions or concerns.
Blood Pressure	Family history, obesity, alcohol use, and eating salt often	Most PCPs will do this as part of a well-check.
Diabetes	Family history, age, weight and diet *For screening out of range blood sugar levels and type 2 diabetes. If you currently have a diagnosis of type 1 or type 2 diabetes be sure to get recommended screenings every year that include: A1c; urine test for protein; and a diabetic eye exam.	At any age, talk to your PCP if you have questions or concerns.
Depression	Anger, aggression, "work burnout," alcohol or drug use, family history, problems with your relationships, hormonal changes, heart problems, chronic illnesses, anxiety disorder, major life changes such as the death of a loved one	Talk to your PCP or call behavioral health through your county provider.
Sexually Transmitted Disease (STD)	Being sexually active, unprotected sex, more than one sex partner	Talk to your PCP about any questions or concerns.
Prostate Cancer	Age, race (particularly African American), North American and Western European nationalities, family history, diet	The two tests available for early detection, Prostate-Specific Antigen (PSA) and Digital Rectal Exam (DRE), are not 100 percent accurate. Talk to your PCP about benefits and risks of screening.
Testicular Cancer	Family history, lump or swelling of the testicles	Talk to your PCP about any questions or concerns.
Colon Cancer	Age, previous polyps or colon cancer, bowel disease, diet, lack of exercise, overweight, smoking, heavy alcohol use	Various tests are available, talk to your PCP about which test is right for you.
Pulmonary (Lung) Function when having breathing problems	Being in contact with mold, dust, tobacco, chemicals or particles from farming or hairdressing. You can have breathing problems even when not around these items.	Various tests are available, talk to your PCP about which test is right for you. One example of a simple and harmless test is spirometry which can assist in finding out if you have asthma or COPD.

This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-385-4104 (TTY: 711).

ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted. Llamar al 1-800-385-4104 (TTY: 711).
ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги. Позвоните по номеру 1-800-385-4104 (TTY: 711).