

Feeling Great Checklist

If you have questions about any of the items on the checklist below, make a note of them and ask your primary care provider (PCP).

Asthma

- Talk with your PCP about an asthma action plan.
- Talk with your PCP if you use your fast-acting (rescue) inhaler more than two times a week.
- Take your controller medicine every day.
- Don't stop taking your controller medicine without first talking with your PCP.
- See your PCP when you have:
 - Wheezing or coughing that still bothers you one hour after using your fast-acting medicine.
 - Trouble doing normal activities because you are too weak or tired.
 - Trouble breathing or breathing very fast.
- Your PCP can tell you if more treatment is needed to help you breathe better.

General dental health

- Brush your teeth two times a day.
- Make sure your children brush their teeth two times a day.
- Floss every day.
- Get dental checkups for yourself and your children.
- Limit foods with high amounts of sugar.
- Talk with your dentist about the foods you eat.

Depression

Talk with your PCP to let them know if you:

- Feel sad a lot.
- Have a loss of interest in activities you once enjoyed.
- Feel tired, have little energy, or are unable to concentrate.
- Have trouble sleeping or are eating too little or too much.

If any of the statements above apply to you, you might have symptoms of depression. Your PCP can discuss treatment options with you. Just remember, depression is treatable. Talk to your PCP about ways to help you feel better.

Diabetes

- Check your blood sugar as your PCP tells you.
- Each year, or as your PCP tells you:
 - Get an HbA1C test.
 - Check your cholesterol.
- See your eye doctor each year.
- See your foot doctor each year.
- Ask your PCP about weight management and nutrition.
- Exercise every day.

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Heart health

- Every day, or as your PCP tells you:
 - Weigh yourself.
 - Take your medicines.
- Check your cholesterol each year or as your PCP tells you.
- Check your blood pressure as your PCP tells you.
- Ask your PCP about weight management and nutrition.
- Try to exercise for at least 30 minutes each day.

Lead and immunization

- Ask your child's PCP about a lead screening at each well-child visit up to age 6.
- Remember to schedule well-child visits for your child up to age 21.
- Ask your child's PCP which immunizations (shots) your child needs.
- Adults need immunizations, too. One of these is your annual flu shot. Ask your PCP about other immunizations you may need.

Maternity

- Call your obstetrician for an appointment as soon as you think you may be pregnant.
- Take your prenatal vitamins as recommended by your obstetrician.
- Keep all your appointments with your obstetrician to help keep you and your baby healthy.
- Ask your obstetrician about programs available to help you stop smoking, drinking alcohol, or using drugs.
- Ask your obstetrician about the best foods for you and your baby to eat.
- Brush your teeth two times a day.
- See your dentist while you are pregnant.

Women's health

- Talk with your PCP about:
 - When you should get a mammogram.
 - Getting a Pap test every three years.
 - How to perform monthly breast exams on yourself.
- Call your PCP if you notice any changes in your breasts.

Weight management

- Ask your PCP about weight management and nutrition to keep you and your children healthy.
- Add fruits and vegetables to all your meals.
- Reduce sugar and fat in the foods you and your family eat.
- Plan time for exercising as a family.
- Encourage playing outside.
- Reduce screen time (computer, TV, tablet, and phone).
- Encourage your child to go to after-school programs that offer physical activity.

These checklists are to help you and your family stay healthy. They are not intended to replace care by your health care providers. Please ask your PCP if you have any questions about your health conditions.

For more copies of this checklist, call Member Services at 1-833-704-1177 (TTY 1-855-534-6730).

Sources:

1. “Asthma treatment: 3 steps to better asthma control,” Mayo Clinic, <https://www.mayoclinic.org/diseases-conditions/asthma/in-depth/asthma-treatment/art-20044284>.
2. “Take Care of Your Teeth and Gums,” U.S. Department of Health and Human Services, <https://healthfinder.gov/HealthTopics/Category/doctor-visits/regular-check-ups/take-care-of-your-teeth-and-gums>.
3. “Depression,” MedlinePlus, <https://medlineplus.gov/depression.html>.
4. “Diabetes Management Checklist,” Cleveland Clinic, <https://my.clevelandclinic.org/health/diseases/6952-diabetes-management-checklist>.
5. “Lead,” Centers for Disease Control and Prevention, <https://www.cdc.gov/nceh/lead/tips.htm>.
6. “During Pregnancy,” Centers for Disease Control and Prevention, <https://www.cdc.gov/pregnancy/during.html>.

This is to help you learn about your health condition. It is not to take the place of your primary care provider (PCP). If you have questions, talk with your PCP. If you think you need to see your PCP because of something you have read in this information, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this material.
