



## Broward County Government Newsletter

June 2019

Volume 2, Issue 6

### Community Care Plan, “the health plan with a heart”

#### June is Men's Health Month

##### Preventive Care and Screenings

Getting a well visit done at the doctor can keep you from getting sick. Your doctor can also perform screenings at a well visit that can show problems early. Finding problems early can make them easier to treat. Some screenings your doctor can perform are:

- **Blood Pressure Check:** High blood pressure puts you at risk for a heart attack or stroke. Getting your blood pressure checked regularly can help you track your numbers.
- **Cholesterol Check:** Too much cholesterol puts you at risk for a heart attack or stroke. Your doctor can check your cholesterol through a blood test called a lipid profile.
- **Colorectal Cancer Screening:** If you are 50-75, or have a family history of colorectal cancer, there is a test a doctor can do to prevent or find it early. Talk to your doctor about which screening tool is best for you.
- **Depression Screening:** Feeling sad sometimes is normal. If you are sad on most days for 2 or more weeks talk to your doctor. If you need help finding a doctor, please call Member Services at 1-866-899-4828.

Sources: [https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/sexual-health/men-take-charge-of-your-health#take-action\\_2](https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/sexual-health/men-take-charge-of-your-health#take-action_2)  
[https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-your-blood-pressure-checked#the-basics\\_1](https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-your-blood-pressure-checked#the-basics_1)  
[https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-your-cholesterol-checked#the-basics\\_2](https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-your-cholesterol-checked#the-basics_2)  
<https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-tested-for-colorectal-cancer>  
[https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/talk-with-your-doctor-about-depression#the-basics\\_2](https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/talk-with-your-doctor-about-depression#the-basics_2)

#### Get Healthy: Make Small Changes

There are small changes that a man can make to stay healthy and lower risk for diseases:

- Swap juice and soda for water
- Pult less salt in your food
- Walk instead of smoking
- Swap fries for a salad



Source: [https://healthfinder.gov/healthtopics/population/men/doctor-visits/men-take-charge-of-your-health#take-action\\_1](https://healthfinder.gov/healthtopics/population/men/doctor-visits/men-take-charge-of-your-health#take-action_1)

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST.

For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.