



FCCHEALTHPLAN.COM 

WINTER 2022



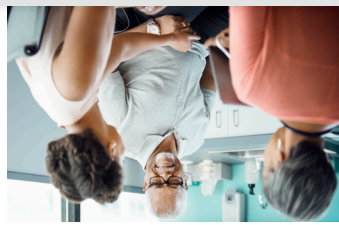
 **FLORIDA**
COMMUNITY CARE



Path to Improved Health



Get Ready for Your Annual Visit
to the Doctor



IN THIS ISSUE

GET READY FOR YOUR ANNUAL VISIT TO THE DOCTOR

Setting up an annual visit with your doctor is a great way to keep up your health. You may be thinking, “I’m not going to go. I feel fine.” A doctor visit is not just to deal with health problems. It is a chance to talk with your doctor about health risks. And develop a plan to lower those risks.

What to expect

During your doctor visit, they will measure your height, weight, pulse, temperature, and blood pressure. They may also listen to your heart, lungs, and abdomen.

Time will be spent talking about your habits, goals, and medical and family history. Your risk factors for diabetes, hypertension, and depression will also be checked. Your provider may ask that you have tests or screenings done.

Ways to improve your health will be discussed. Plans may include lifestyle changes, behavior changes, or medications. The visit is a good time to review your medications. Some medicines interact with others and can cause side effects. Making sure all your providers know about the medicines you take can protect you from harm.

Once you make an appointment, it is time to prepare. We encourage you to contact your Florida Community Care (FCC) Care Manager for help with any of the 10 steps listed next:

- 1 Look at your calendar.** Find options in your schedule that you have time to see the doctor.
- 2 Arrange transportation.** Be sure to coordinate transportation to and from the doctor visit.
- 3 Ask someone to join you.** Determine if it would be helpful for a family member or friend to attend the doctor visit with you.
- 4 Make a list of medications.** Bring your medications. Include vitamins as well as herbs and supplements. If you can’t bring your medicines with you, write a list. Be sure to write the name, dosage, and how often you take each one.
- 5 Take test results with you.** Have your test screenings done before your visit so you can review the results with your doctor.
- 6 Make a list of your providers.** Bring a list of your providers. Include their addresses and phone numbers. Your doctor may ask your permission to check records and test results from other providers.
- 7 Complete any paperwork.** Complete any paperwork before your appointment. And take it with you. This can save time at the doctor’s office.
- 8 Bring a picture ID and insurance card.** Your doctor’s staff will need to check your identity.
- 9 Write down your questions.** All questions are important. Take a list with you. Be sure to ask every question. If you do not understand the answer, ask your doctor to explain it in a different way.
- 10 Be ready to take notes.** You and your doctor will schedule preventive services for the next several years. Be ready to write the information down.

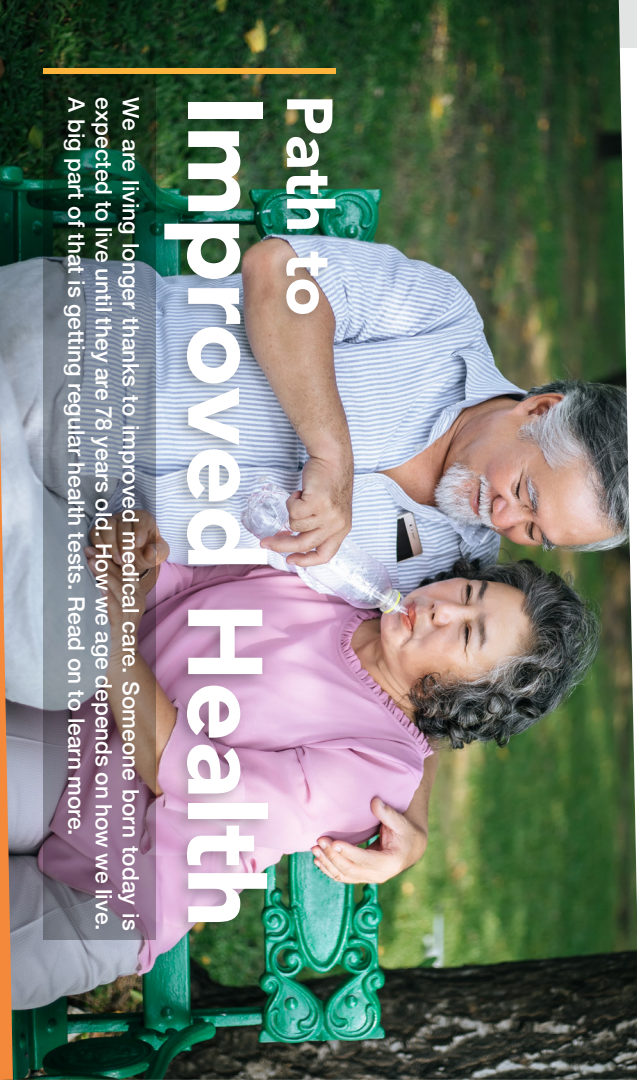
The more your doctor knows about your health, the better he or she can manage and coordinate your care.

HEALTH MATTERS

Florida Community Care Winter 2022 Newsletter

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We are living longer thanks to improved medical care. Someone born today is expected to live until they are 78 years old. How we age depends on how we live. A big part of that is getting regular health tests. Read on to learn more.

Physical Screenings

If you have a physical condition, it is best to find it early. Screenings can help you do that. They include:

➤➤➤➤ Annual wellness exam

Visit your doctor's office once a year. They will measure your height, weight, and body mass. Your doctor will talk with you about medicines you are taking. Your eating habits and activity level will be discussed. It is a good way to check your overall health.

➤➤➤➤ Hearing and vision

It is no surprise that hearing and vision decreases with age. Both should be tested every two years.

➤➤➤➤ Vaccinations

Vaccinations against the flu, pneumonia, shingles, and COVID-19 are important. You may need a booster shot for some vaccinations. Speak to your doctor about what is right for you.

➤➤➤➤ High blood pressure

Having high blood pressure is common in older adults. Though it affects nearly half of all adults, many are not aware they have it. That is why it is called "the silent killer". Your doctor will check it each time you are in the office.

➤➤➤➤ Diabetes

Diabetes is common in older adults. It affects 1 out of every 4 adults 65 years of age and older. If you are overweight, your doctor may test you for diabetes even if you do not have symptoms.

Mental and Safety Screenings

When your doctor asks questions about your life, it is not just to be polite. They are looking for clues about your mental state and safety. Your answers can help identify:

➤➤➤➤ Cognitive impairment

Cognitive impairment is when a person has trouble remembering. Or learning new things. Or concentrating. Or making decisions. This affects everyday life. Doctors want to make sure you can function correctly in your living situation.

➤➤➤➤ Risk of falls

Falls are common in older adults. Most cause minor injuries. But they can be scary. More serious falls can lead to a brain injury or a broken hip. The cause of falls can be a lack of strength of balance. Your doctor will ask questions about your risk of falling.

➤➤➤➤ Substance abuse

Your doctor may ask about alcohol, tobacco, and drug use. It is important to give honest answers.



Non-Discrimination Notice. Florida Community Care believes in equal opportunity and affirmative action. We comply with all applicable Federal civil rights laws. We do not discriminate because of age, race, ethnicity, religion, mental or physical disability, national origin, marital status, sexual orientation, sex, genetic information, gender, gender identity, health status, claims experience, medical history, or source of payment. We do not discriminate in the enrollment of members, the delivery of covered services or items, or the credentialing or contracting of providers. FCC will not tolerate employees or providers that discriminate. For more information or if you have concerns about discrimination or unfair treatment, call the Department of Health and Human Services' Office for Civil Rights at 1-800-368-1019 (TTY 1-800-537-7687) or our local Office for Civil Rights. If you have a disability and need help with access to care, call Member Services at 1-833-FCC-PLAN. If you use TTY, call 711, Monday-Friday, 8 a.m.-8 p.m. Eastern Time. If you have a concern, such as a problem with wheelchair access, Member Services can help.

*The benefit information provided is a brief summary, not a complete description of benefits. Limitations, co-payments, and restrictions may apply. Benefits may change.

For more information, contact Florida Community Care at 1-833-FCC-PLAN (TTY 711 or 1-866-467-4970). This information is available for free in other languages. Please contact our customer service number at 1-833-FCC-PLAN or TTY 711, Monday to Friday 8am to 8pm. Esta información está disponible gratis en otros idiomas. Por favor, póngase en contacto con nuestro número de Servicios para Miembros a 1-833-FCC-PLAN o TTY 711, de lunes a Viernes de 8 a.m. a 8 p.m.



Cancer Screenings

Age is a risk factor in cancer. Several cancers can be treated successfully if diagnosed early.

➤➤➤➤ Breast cancer

A breast cancer screening means checking a woman's breasts for cancer before there are signs of the disease. Women who are 50 to 74 years old should get a mammogram, or X-ray of the breast, every two years. Women who are 40 to 49 years old should talk to their doctor about when to start and how often to get one.

➤➤➤➤ Cervical cancer

A pap smear is done to test for cervical cancer. Younger women have pap smears annually. Those women over 50 years old should be tested once every 1 to 3 years to age 65. After that, it is between you and your doctor.

➤➤➤➤ Skin cancer

Skin cancer is the most common cancer. Over the past 30 years, more people have had skin cancer than all other cancers combined. The most dangerous kind is because of sun exposure. Monthly self-checks should be performed. If you see anything worrisome, make an appointment with your doctor.

➤➤➤➤ Lung cancer

This check is for adults aged 50-80 who are 20 pack or more smokers per year or who quit in the last 15 years.

➤➤➤➤ Prostate cancer

Men can choose between an exam or a blood test. It is for men between 55 and 69 years of age. Prostate cancer tends to affect men who are 65 and older. It tends to grow slowly and is not necessarily fatal. It is the most common cancer in men except for skin cancer.



Things to consider

More than half of adults 65 years of age and older are not up to date with their tests. Making these tests a part of your schedule can help you stay healthy for longer. Talk to your doctor to get their advice.

Questions for your doctor

- 1 How often do I need to have each test?
- 2 How is each test done?
- 3 Can I get these tests done at my yearly appointment?
- 4 Are there things that make me more likely to have a certain disease?

