

Annual physical exam and mental health evaluation



Objetives

Explain the importance of physical and mental examinations for prevention and early detection

Identify recommended preventive tests based on age, sex, and risk factors.

Recognize recommended vaccines to prevent disease and maintain health.

Preventive Services: Importance of Regular Visits



Visit your healthcare provider regularly, even when you feel well. These visits allow you to:

Detect health problems.

Assess the risk of developing health conditions in the future.

Encourage a healthy lifestyle.

Update recommended vaccinations, if necessary.

Build a trusting relationship with your provider to ensure better care.

What to Expect at Your Annual Visit

During the medical interview:

- Questions about your current health status
- Personal and family medical history
- Health habits (diet, physical activity, alcohol and/or tobacco use)
- Use of medications and supplements



During the physical exam:

- Verification of vital signs (temperature, blood pressure, and pulse)
- Auscultation of the lungs
- Skin evaluation
- Measurement of weight and height



Recommended tests your provider may order:

Based on your age, gender, and medical and family history, your healthcare provider may recommend:

• Lab tests, such as red and white blood cell counts



• Lipid and cholesterol panel



• Sexually transmitted infection (STI) screenings, when appropriate



• Heart-related tests to assess your cardiovascular system



• Tests for the early detection of cancer, as recommended by medical guidelines



How to Prepare for Your Medical Consultation

Preparing for your visit

Bring results from your previous medical tests.

Make a note of any new symptoms or health changes.

Keep your vaccination records up to date.

Medications and supplements

Include the dose, frequency, and time of consumption

Mention both prescription and over-the-counter medications

Point out any supplements and vitamins, as some may interact with medications

Questions to Ask Your Doctor

Questions about medication side effects.

Consultations regarding changes in lifestyle habits (diet, physical activity, sleep)

Doubts or questions about recommended preventive tests

Benefits of Being Prepared

The visit will be faster and more efficient.

The likelihood of medication errors is reduced.

It helps you make informed decisions about your health

Preventive Services

Medical checkups and exams can catch problems before they occur. The checkups and exams you need will depend on:



Age

Health

Family history

Lifestyle

For example: what you eat, how active you are, and whether you smoke.

Preventive Services



- Most chronic conditions can be prevented or delayed by adopting healthy eating habits, exercising regularly, maintaining a balanced lifestyle, and routinely monitoring your health. Early detection of diseases is crucial, as it guides the treatment to be followed and greatly influences its effectiveness in preventing complications.

Dental Health: Preventive Care

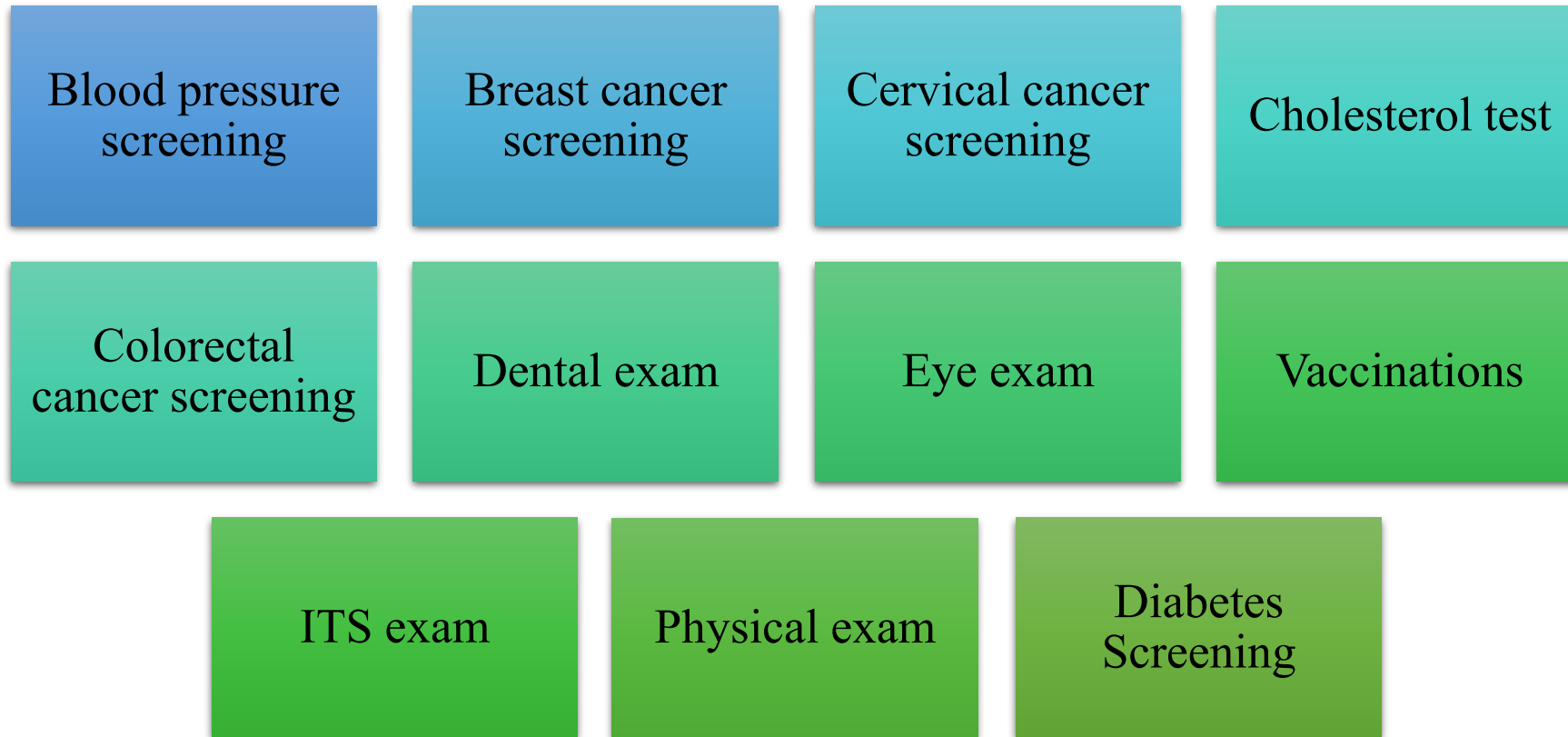
Visit your dentist every 6 months for a cleaning and routine checkup. In addition, it is essential to maintain good daily oral hygiene. This includes brushing, flossing, and rinsing as directed by your dentist.



Benefits of Regular Visits

- Prevention of cavities and gum disease
- Early detection of dental problems
- Helps maintain a healthy and fresh smile
- Contributes to your overall health and well-being.

Preventive Tests and Screenings



These tests help identify conditions early and reduce the risk of complications.

Cholesterol Screening



It is recommended that women aged 45 and older and men aged 35 and older undergo cholesterol screening, provided they are not at increased risk for coronary heart disease.



Once cholesterol testing has begun, it should be repeated every 5 years if levels remain within the recommended range.



If lifestyle changes occur, such as changes in diet or weight gain, the test may be needed sooner than the usual 5-year interval.



If you have high cholesterol, diabetes, heart disease, kidney problems, or certain other conditions, you may need to have this test more often.



Blood Pressure Screening



Check your blood pressure at least once a year. If the top number (systolic pressure) is between 120 and 139 mm Hg, or the bottom number (diastolic pressure) is between 80 and 89 mm Hg, your doctor may recommend checking it more frequently.



If your systolic pressure is 140 mm Hg or higher, or your diastolic pressure is 90 mm Hg or higher, schedule an appointment with your doctor to receive guidance on how to manage it



People with diabetes, heart disease, kidney problems, or other conditions may need to have their blood pressure checked more frequently.

Colorectal Cancer Screening

If you are younger than 45 and have a family history of colon cancer or polyps, talk to your doctor about when to begin screening.



People between the ages of 45 and 75 should be screened for colorectal cancer, as recommended by their doctor.



Screening Tests Available:

- Flexible sigmoidoscopy every 5 years, or every 10 years when combined with stool testing
- Colonoscopy every 10 years.
- Computed tomography (CT) colonography every 5 years.
- Fecal occult blood test (gFOBT) or fecal immunochemical test (FIT) once a year.

These tests may also be recommended more often if there are risk factors, such as a history of inflammatory bowel disease or polyps.

Women's Preventive Screening



Preventive Health Testing	Screening Frequency	Screening Frequency by Age Group
Mammography Clinical Breast Exam	Every 1 or 2 years	Women 40 years of age and older
Papanicolaou (Pap Test)	Every 3 years	Women aged 21 to 29 years — cervical cytology
HPV (Human Papillomavirus) Test	Every 5 years	Women aged 30 to 65 years — cervical cytology

Men's Preventive Screening

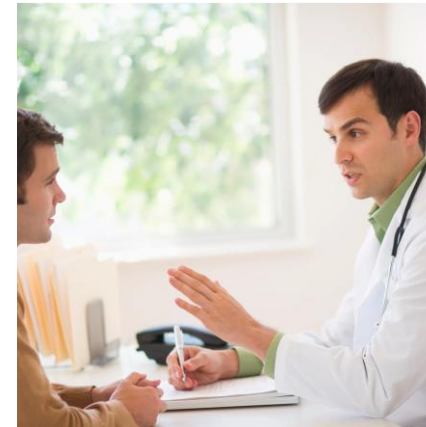


Prostate Cancer Screening

- It is recommended for adult men. Talk with your primary care doctor about when you should begin screening and how often it should be done.

Testicular Exam

- It is used to detect lumps, swelling, atrophy, or other abnormalities. Although testicular cancer is uncommon overall, it is the most frequently diagnosed cancer in men under 35.



Recommended Immunizations for Adults

Check with your health care provider about recommended vaccines based on your age, occupation, and risk level.

Some recommended vaccines include: Influenza (flu) vaccine, dap (tetanus, diphtheria, pertussis) booster, Shingles (zoster) vaccine, Pneumococcal vaccines, HPV (Human Papillomavirus) vaccine, Hepatitis A and B vaccines and COVID-19 vaccine, as recommended



Tdap/ Td



Flu



VRS

Vaccines help prevent disease and protect your health.

Mental Health Screening

- During the annual medical evaluation, the healthcare provider may ask questions about the patient's emotional well-being, as well as their alcohol and tobacco use.
- To support this assessment, the PHQ-9 tool may be used a brief questionnaire designed to help identify symptoms of depression or anxiety.
- Based on the results, the provider can determine whether the person may benefit from additional support or a referral to a mental health specialist, if needed.



Mental Health Screening

Tell your doctor right away if you have any of these symptoms:

Feelings of hopelessness or abandonment.

Feelings of worthlessness, self-hatred, or guilt.

Changes in appetite.

Constant irritable mood.

Difficulty sleeping or oversleeping.

Difficulty concentrating.

Repetitive thoughts of death or suicide.

Loss of pleasure in activities you used to enjoy, including sexual activity.

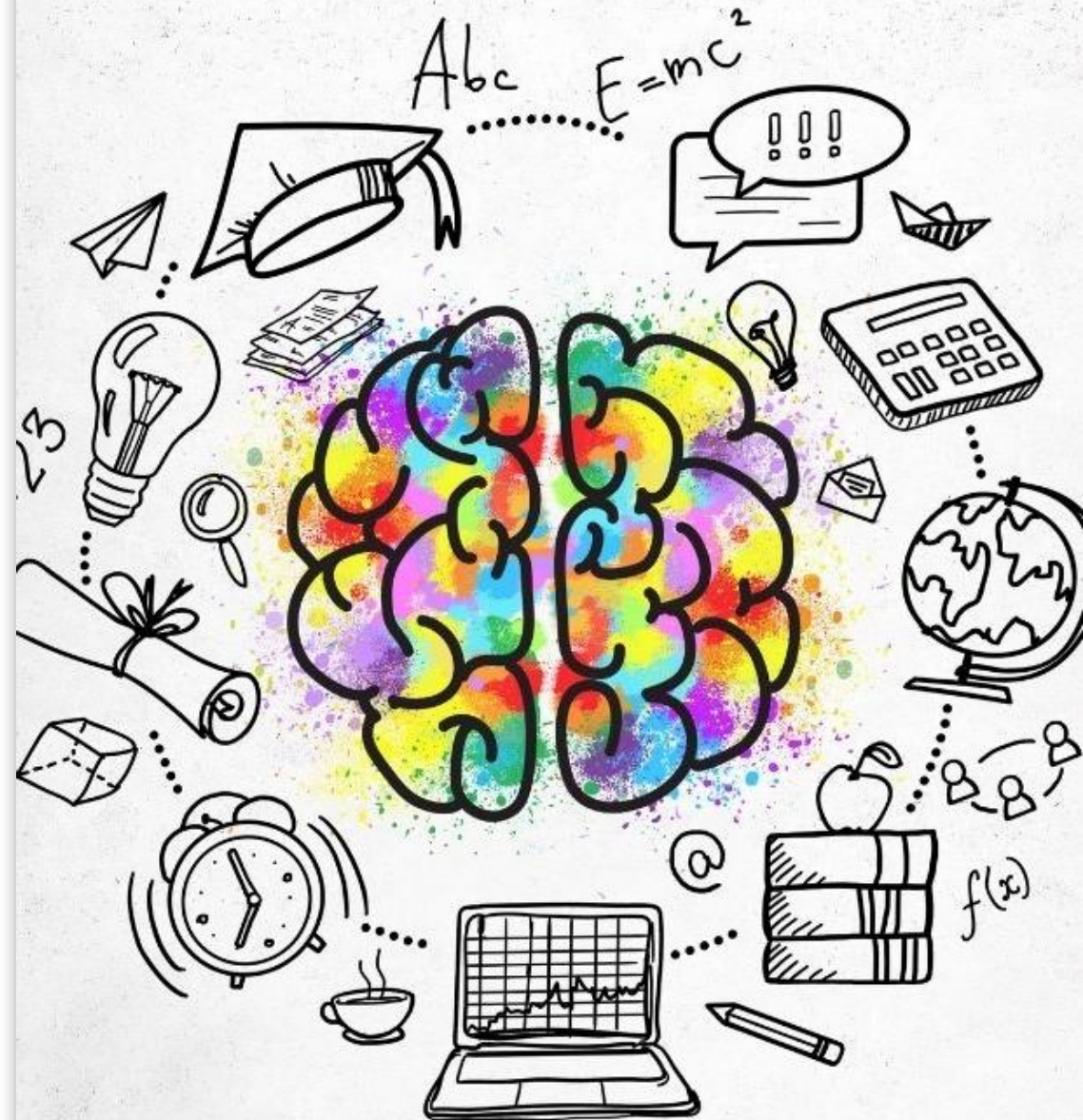
Neurological Mental Health Exam

● Neurocognitive Test

It assesses functions such as thinking, memory, and decision-making.

It helps identify changes in nervous system functioning.

If needed, the healthcare provider may order laboratory tests or imaging studies to rule out possible physical causes.



Neurological Mental Health Exam

- Neurocognitive Test

Professionals will observe details such as:



- Physical appearance and behavior.
- Evaluation of general presentation, posture, grooming, and observable behaviors.
- Review of attention, concentration, affect, and judgment.

What a Healthy Lifestyle Includes

Good health habits can help you avoid illness and improve your quality of life. The following measures can help you feel and live better:

- Exercise regularly and maintain a healthy weight.
- Do not smoke.
- Avoid alcoholic beverages.
- Use the medicines recommended by your health care provider as directed.
- Eat a healthy, balanced diet.
- Practice relaxation techniques.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line
1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health
787-641-9133



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