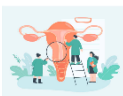


Healthy Populations: Preventive Services



The Healthy Populations Initiative promotes prevention, early detection, and timely access to essential health services. Health education, monitoring of chronic conditions, and screening tests help identify risks or diseases in their early stages. This makes it possible to take action early, improve health outcomes, and support a better quality of life, highlighting the importance of self-care and reducing preventable risk factors.

Conditions		Recommendations
	Breast cancer	It is recommended that women between 50 and 74 years old have a mammogram as part of preventive screening to detect early changes or signs of breast cancer.
	Colorectal cancer	People between 45 and 75 years old should have screening tests to detect colorectal cancer early.
	Cervical cancer	Women between 21 and 64 years old should have screening tests, such as a Pap test (Papanicolaou) or an HPV test, to detect cervical cancer in its early stages.
	High blood pressure	People between 18 and 85 years old who have high blood pressure should keep it well controlled, ideally below 140/90 mmHg, to help prevent complications and protect their health.
Monitoring		Recommendations
	Prenatal and postpartum care	Pregnant women should receive early prenatal care during the first trimester and have medical follow-up after giving birth, between 7 and 84 days, to support their health and the baby's health.
	Children's dental care	Children under 21 years old should have regular dental checkups, meaning a visit to the dentist every 6 months, to help prevent mouth problems and diseases.
	Preventive care for children	Children and teenagers should go to routine medical visits, where their growth, development, and overall health are checked to support their well-being.
	Hepatitis C screening	Adults 18 years and older are recommended to have at least one screening test to detect hepatitis C early.

Follow these recommendations to avoid emergency room visits

- Attend your routine medical appointments to keep track of your health.
- Follow the treatment recommended by your healthcare provider.
- Recognize early signs of your condition or any changes in how you feel.
- Contact your doctor if you notice your symptoms are starting to get worse.

Importance of medical visits

- Adults 20 years and older should attend regular preventive visits.
- These visits help check your overall health.
- They help identify risk factors early.
- They make medical follow-up and guidance easier.
- They detect health conditions in early stages.
- They allow for timely treatment.
- They reduce the risk of complications.
- They help lower hospitalizations.
- They improve quality of life.



General Recommendations

- Attend medical appointments regularly.
- Get screening tests based on your age and health recommendations.
- Follow your healthcare provider's instructions.
- Stay in communication with your doctor.
- Pay attention to changes in your health.

Prevention is essential for staying healthy because regular checkups help prevent or detect conditions early, and proper follow-up can help you avoid complications.

Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical challenges that arise during and after your treatment, please visit your primary care physician or call the following hotlines:

Medical Advice Line

1-844-347-7801

TTY/TTD 1-844-347-7804

APS Health

787-641-9133

Reference:

Source of Information. This material is based on the Health Care Improvement Program (HCIP) Manual 2025, Healthy People Initiative

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