

## Guide to Good Health

A Resource for Preventive Health  
and Wellness for the Entire Family





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## Keeping You Healthy Today and For Years to Come

Good health starts with prevention. At every stage of life, there are important steps you can take to be well, including screenings, vaccinations and exams. From birth through the golden years, prevention is key to living a healthy life.

Scripps has pediatricians as well as internal and family medicine doctors who care for every member of your family throughout the different stages of life. Our doctors and care teams partner with you to keep you healthy, prevent illness and manage your wellness goals.

Staying on top of your health is one of the most important things you can do for you and your family. When you choose Scripps, the No.1 ranked health system in San Diego,\* you have a vast network of primary and specialty care doctors at locations throughout San Diego County.

\* Scripps was ranked No. 1 in the San Diego region by U.S. News & World Report 2020–2021.

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- Search with our easy-to-use provider search tool at **QualcommPremierPlans.com**
- Or, contact the Qualcomm concierge team at **1-844-884-7266** or **Qualcomm.Service@scrippshealth.org**.
- Your concierge team can help explain the difference between preventive and diagnostic care and help you anticipate cost for services.



# Women's Health

When it comes to your health, an ounce of prevention is definitely worth a pound of cure. Commit to taking care of yourself and be proactive about getting the necessary screenings and seeing your doctor for regular health care visits. Regular routine screenings offer the best opportunity to prevent disease and detect health issues, such as breast and cervical cancers, at an early stage. Talk with your doctor about this checklist to develop an individualized plan based on your unique health history.



## Women's Preventive Care Checklist

### Exams and Tests

Annual exam	18 and older
Blood pressure	18 and older
Blood sugar	45 and older*
Body mass index (BMI)	18 and older
Cholesterol	20 and older

### Screenings

Bone density (osteoporosis)	65 and older*
Breast cancer (mammogram)	40–50 and older*
Cervical cancer (Pap smear)	21 and older*
Colon cancer	50 and older*

### Vaccines

Influenza (flu)	18 and older
Human papillomavirus (HPV)	18–26 years old
Pneumococcal (pneumonia)	65 and older
Tetanus, diphtheria, pertussis (Td/Tdap)	18 and older
Zostavax (shingles)	60 and older

If you have questions, contact your Personal Physician. If you have not selected a Personal Physician contact your concierge team at **1-844-884-7266** or **[Qualcomm.Service@scrippshealth.org](mailto:Qualcomm.Service@scrippshealth.org)**.

*\*Recommendations vary depending on individual risk factors, medical and family history, personal preferences, lifestyle and age. Talk with your physician for guidance on the best preventive plan for you.*



## Men's Health

Take charge of your health and create a preventive health game plan with your doctor. Routine preventive care, such as annual exams and screenings, will help you learn more about your health and detect health issues, such as diabetes and high blood pressure.

### Men's Preventive Care Checklist

#### Exams and Tests

Annual exam  
 Blood pressure  
 Blood sugar  
 Body mass index (BMI)  
 Cholesterol

#### Age Range

18 and older  
 18 and older  
 45 and older\*  
 18 and older  
 20 and older

#### Screenings

Colon cancer  
 Lung cancer  
 Prostate cancer

50–75 years old\*  
 55–80 years old\*  
 40 and older\*

#### Vaccines

Influenza (flu)  
 Human papillomavirus (HPV)  
 Pneumococcal (pneumonia)  
 Tetanus, diphtheria, pertussis (Td/Tdap)  
 Zostavax (shingles)

18 and older  
 11–26 & 27–45 years old\*  
 65 and older and  
 19–64 years old (at risk)  
 18 and older  
 50 and older

If you have questions, contact your personal care physician. If you have not selected a personal physician contact your concierge team at **1-844-884-7266** or **Qualcomm.Service@scrippshealth.org**.

*\*Recommendations vary depending on individual risk factors, medical and family history, personal preferences, lifestyle and age. Talk with your physician for guidance on the best preventive plan for you.*



# Children's Health

Your child's health is always a priority, and it's never too early to start teaching them healthy habits that will last a lifetime. It's important to follow the scheduled well visits from birth and make sure your child receives the recommended vaccines and screenings as they develop and grow. Immunizations can protect your child against serious and life-threatening diseases. Your pediatrician can answer any questions you have.

## Routine Immunization Schedule

The following immunization schedule is recommended by the American Academy of Pediatrics and the Centers for Disease Control. Some variations are acceptable and changes in recommendations often occur as new vaccines are developed. Talk with your pediatrician about the best vaccinations and schedule for your child.

Age	Immunizations
Birth	<input type="checkbox"/> Hepatitis B
1–2 months	<input type="checkbox"/> Hepatitis B
2 months	<input type="checkbox"/> DTaP: diphtheria, tetanus and pertussis <input type="checkbox"/> Hib: influenza <input type="checkbox"/> IPV: Inactivated poliovirus <input type="checkbox"/> PCV: pneumococcal conjugate vaccine <input type="checkbox"/> Rotavirus

Age	Immunizations
4 months	<input type="checkbox"/> DTaP <input type="checkbox"/> IPV <input type="checkbox"/> Rotavirus <input type="checkbox"/> Hib <input type="checkbox"/> PCV
6 months	<input type="checkbox"/> DTaP <input type="checkbox"/> PCV <input type="checkbox"/> Hib <input type="checkbox"/> Rotavirus
6-18 months	<input type="checkbox"/> Hepatitis B <input type="checkbox"/> IPV
12-15 months	<input type="checkbox"/> Hib <input type="checkbox"/> PCV <input type="checkbox"/> MMR <input type="checkbox"/> Chickenpox (varicella)
12–23 months	<input type="checkbox"/> Hep A: Hepatitis A
15–18 months	<input type="checkbox"/> DTaP
4–6 years	<input type="checkbox"/> DTaP <input type="checkbox"/> IPV <input type="checkbox"/> MMR <input type="checkbox"/> Varicella
11–12 years	<input type="checkbox"/> Tdap (booster for tetanus, diphtheria, pertussis) <input type="checkbox"/> HPV

If you need a pediatrician for your children, contact your concierge team at **1-844-884-7266** or **Qualcomm.Service@scrippshealth.org**.

Vaccines required for students to attend school in California include DTaP, polio, hepatitis B, MMR and varicella. Parents must show their child's immunization record before their child can be admitted to kindergarten.

The flu vaccination is recommended annually for children six months and older.



## Adolescent Health

Keeping teens on track with preventive care can help them make good choices and establish healthy behaviors, as well as discourage negative behaviors that could impact their health and well-being. Immunizations and counseling on living well can prevent illnesses, injuries and accidents.

### Adolescent Preventive Care Checklist

#### Exams and Tests

Blood pressure	11 and older
Body mass index (BMI)	11 and older
Wellness exam	11 and older

#### Screenings

Sexually transmitted infections (STI)	Consult with physician
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#### Vaccines

Influenza (flu)	11 and older
Human papillomavirus (HPV)	11–26 years old
Meningococcal conjugate (MCV)	16 years old
Tdap	11 and older

If you need a pediatrician for your teen, contact your concierge team at **1-844-884-7266** or **Qualcomm.Service@scrippshealth.org**.

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