a message from MassHealth

be MassHealthy!

YOU can take action for your health

look for health every day

\* Pat yourself on the back every time you

 do something for your health.

\* Be active and keep moving—take a walk;

 use the stairs.

\* Eat lots of fruits and vegetables.

\* Cut back on sweets, soda,

and fats.

\* Lose weight (if you are overweight).

\* Quit smoking (if you smoke). Quitting can be very hard,

 so keep trying.

every day is a chance to take action

get checked

\* Get a checkup by your primary-care doctor or nurse.

\* Get checked for colon cancer starting at age 50, or

 at age 40 if colon cancer runs in your family.

\* Get a blood sugar (glucose) test to check for diabetes

 starting at age 45, or earlier.

\* Get your teeth cleaned at least once a year.

plan your healthy lifestyle

just for you

For women only:

\* Get a Pap smear (to check for cervical cancer),

 starting no later than age 21. Ask your provider when

 to start and how often.

\* Get a mammogram (to check for breast cancer),

 starting at age 40. Ask your provider how often.

\* Let your provider know if you had diabetes during pregnancy.

For men only:

\* Get a prostate-cancer screening, starting at age 50,

 or earlier if recommended.

feel better, live longer

team up with your health care provider

\* What you talk about with your health care provider is private.

\* Talk to your health care provider about:

 - how you are feeling

 - your risks for cancer, diabetes, heart disease, and stroke

 - your sexual health, family planning, and infections spread through sex

 - your medicines and other things you are taking

\* Follow your health care provider’s directions for taking medicines.

know your health risks and take action

make a to-do list

\* Things I can do to be healthy:

for information, call

MassHealth Customer Service

1.800.841.2900

(TTY: 1.800.497.4648 for people with partial

or total hearing loss)

www.mass.gov/masshealth/wellness

resources

Massachusetts Health Promotion Clearinghouse

1.800.952.6637

(TTY: 617.536.5872)

www.maclearinghouse.com

Massachusetts Smokers’ Helpline

Línea de ayuda para dejar de fumar

1.800.879.8678

1.800.833.5256 (español)

(TTY: 1.800.833.1477)

www.trytostop.org

American Diabetes Association

1.800.342.2383

www.diabetes.org

Massachusetts Alliance on

Teen Pregnancy

617.482.9122

www.massteenpregnancy.org

American Heart Association

1.800.242.8721

www.americanheart.org

American Stroke Association

1.888.478.7653

www.strokeassociation.org

American Cancer Society

1.800.227.2345

(TTY: 1.866.228.4327)

www.cancer.org

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Well-1 (06/07)