

7 Cholesterol Test

Who: FEMALES Ages 50+
MALES Ages 40+

Recommended every 1 – 5 years.

Why:

Cholesterol is the fat in your blood. After age 20 cholesterol starts to rise. This narrows your arteries and can lead to heart attack, stroke and diabetes.

What to do:

Call 8-1-1, search “cholesterol” at HealthLinkBC.ca, or visit a healthcare provider.

8 Type 2 Diabetes Test

Who: FEMALES Ages 40+
MALES

Recommended every 3 years. South Asians and East Asians are at highest risk.

Why:

Type 2 diabetes is a serious long term illness and if uncontrolled can cut 5 – 15 years from your life.

What to do:

Call 8-1-1, visit diabetes.ca, or visit a healthcare provider. You can also take a questionnaire at take2minutes.ca to find out if you’re at risk for type 2 diabetes.

9 Colorectal Cancer Test

Who: FEMALES Ages 50– 74
MALES

Recommended every 2 years.

Why:

Colorectal (bowel) cancer is one of the most common cancers, affecting 1 in 6 people in BC. Over 94% of new cases found each year in BC are in men and women age 50 or above.

What to do:

Call 8-1-1, visit screeningbc.ca/colon, or visit a healthcare provider.

10 Get Regular Mammograms

Who: FEMALES Ages 50 – 74

This breast x-ray is recommended every 2 years. Ask to start earlier than 50 if you have a family history of breast cancer.

Why:

Breast cancer is the most common cancer in BC women. Mammograms (breast x-ray) can find breast cancer early, usually before it has spread.

What to do:

Book a mammogram at 1-800-663-9203, call 8-1-1, visit screeningbc.ca/breast, or visit a healthcare provider.

The information in this brochure does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca

11 HIV Test

Who: FEMALES Ages 18 – 70
MALES

HIV tests are recommended every 5 years.

Why:

HIV stands for Human Immunodeficiency Virus. You can have HIV and not know it. With treatment you can now live a long life with HIV. If left undiscovered you can get sick with life threatening infections.

What to do:

Call 8-1-1, visit fraserhealth.ca/hiv, or visit a healthcare provider.

Pregnant or a New Parent?

Here are 4 things you can do to keep the mother and baby healthy.

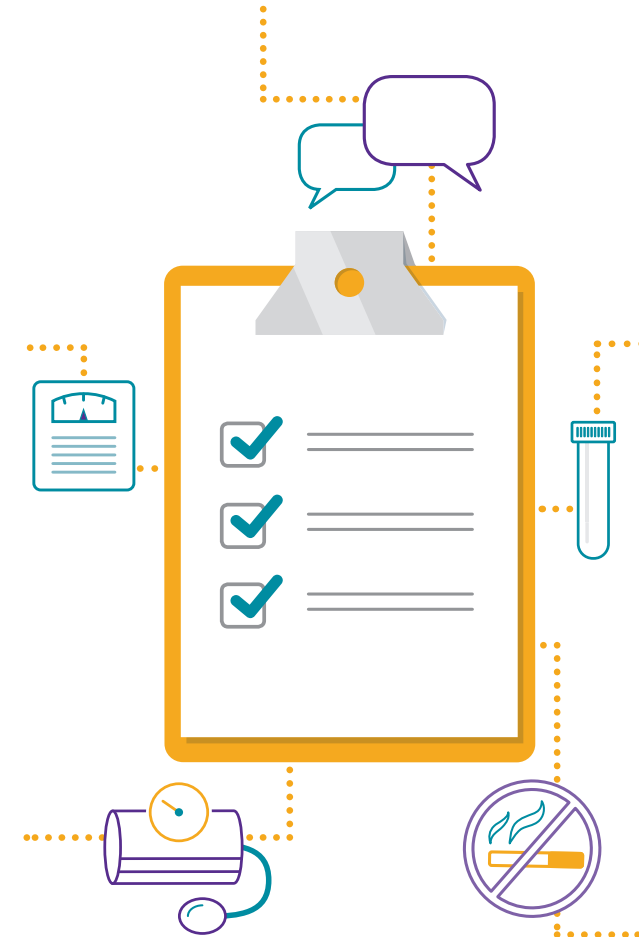
- 12** Make sure the mother has all the recommended **blood tests**.
- 13** **Depression screening** — up to 1 in 5 new moms experience depression during and/or after pregnancy.
- 14** **Breastfeeding** is recommended for the first 6 months up to 2 years and lowers your child’s risk of allergies and infection.
- 15** **Hearing loss test** for newborns. 1 in 400 newborns in BC have permanent hearing loss.

What to do:

Call 8-1-1, talk to a healthcare provider or visit www.perinatalservicesbc.ca for more information.

15 free activities that can save your life

A lifetime schedule for your health



How to use this brochure:

1. Check for the services that apply to you.
2. Learn more about it:
 - Call 8-1-1 toll-free in BC
 - Search the topic on [HealthLinkBC.ca](https://www.healthlinkbc.ca), or
 - Visit the website listed under each activity.
3. Bring this form to your healthcare provider to ask questions about the services that apply to you.

These services are free

The services listed here are all covered by the Medical Services Plan (MSP) as long as you are paying your premiums. For more info visit [gov.bc.ca/msp](https://www.gov.bc.ca/msp).

About 8-1-1

8-1-1 is a free health information and advice phone line. You can speak to a health services navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist in BC.

We speak your language

If you call 8-1-1 they can speak to you in more than 130 languages. Just say the language you're looking for and an interpreter will join the call.

If you are deaf or hearing impaired call 7-1-1 for more information.

1 Immunizations

Who: FEMALES
MALES | Ages 0 – 75+

For newborns, children and adults.
Most vaccinations are free.

Why:

To protect you and your children from measles, whooping cough, flu, and other serious infections.

What to do:

Visit your health care provider, pharmacist, or nearest public health unit to get vaccinated. To learn more call 8-1-1, or visit [immunizebc.ca](https://www.immunizebc.ca) for the list of the BC Routine Immunization Schedule.

2 Monitor Weight

Who: FEMALES
MALES | Ages 2 – 75+

For children, youth, and adults.

Why:

Monitoring weight is key to health. Obesity puts everyone at higher risk for type 2 diabetes, high blood pressure, high cholesterol, heart disease, and stroke among other conditions.

What to do:

Call 8-1-1, search “obesity” at [HealthLinkBC.ca](https://www.healthlinkbc.ca) to calculate BMI for children or adults, or visit a healthcare provider.

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“Healthcare provider” typically refers to a doctor or nurse depending on the issue, but can also include other specialists such as a registered dietitian.

3 Stop Problem Drinking

Who: FEMALES
MALES | Ages 19+

Anyone who drinks alcohol in a way that negatively affects their health or life.

Why:

It's important to remember that drinking alcohol is not risk-free. If you choose to drink, the key is to keep your drinking at the safest possible levels, called low-risk drinking.

What to do:

Call 8-1-1, search “drinking guidelines” at [HealthLinkBC.ca](https://www.healthlinkbc.ca), or visit a healthcare provider.

If you know you have a problem call B.C. Alcohol and Drug Information and Referral Service at 1-800-663-1441 to find out which services are right for you.

4 Quit Smoking

Who: FEMALES
MALES | Ages 15+

Why:

1 out of 2 smokers die of smoking related illnesses. Lung cancer is the second most common cancer among women in BC.

What to do:

Call 8-1-1, talk to a healthcare provider, or visit [quitnow.ca](https://www.quitnow.ca). Quitnow offers a range of services and resources to help a person quit, including free nicotine replacement medication, quit coaches and more.



5 Monitor Blood Pressure

Who: FEMALES
MALES | Ages 45+

Recommended every 5 years.

Why:

When blood pressure is too high, it starts to damage your blood vessels, heart, and kidneys.

What to do:

Go to a pharmacy or doctor to get checked for high blood pressure. If your reading is above 140/90 speak to a healthcare provider. Or Call 8-1-1, or search “blood pressure” at [HealthLinkBC.ca](https://www.healthlinkbc.ca).

6 Get Regular Pap Tests

Who: FEMALES | Ages 25 – 69

This test for cervical cancer is recommended every 3 years.

Why:

There are usually no symptoms of cervical cancer. Pap tests can find not normal cells in the cervix before they become cancer. If caught at its earliest stage, the chance of survival is more than 85%.

What to do:

Call 8-1-1, visit [screeningbc.ca/cervix](https://www.screeningbc.ca/cervix), or visit a healthcare provider.