


WOMEN'S GUIDE TO HEALTHY LIVING




Neighborhood
Health Plan
OF RHODE ISLAND™


Neighborhood is here for you. We make health care easy!

Women need to get certain screenings and check-ups to make sure they are healthy. Use this booklet to keep track of your health screenings, vaccines, and check-ups.

Screenings with  are eligible for **Member REWARDS** Program. See back page to learn more.

<input checked="" type="checkbox"/>	WHAT	DATE
	Annual Physical Exam 	
WHEN		
<p>Visit your provider every year. Talk to your provider about what screenings you should be getting and when you should get them.</p> <p>Don't forget! You should be getting screenings every year for height and weight, depression, and blood pressure.</p>		
<input checked="" type="checkbox"/>	WHAT	DATE
	Immunizations	
WHEN		
<p>Recommended Immunizations:</p> <ul style="list-style-type: none"><input type="checkbox"/> Annual Flu Shot<input type="checkbox"/> COVID-19<input type="checkbox"/> Shingles (Shingrix) (age 50+)<input type="checkbox"/> Pneumonia (age 65+)<input type="checkbox"/> *Tdap (Whooping Cough)<input type="checkbox"/> Td (Booster) <p>*Additional dose needed during pregnancy</p>		

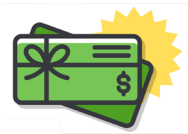
<input checked="" type="checkbox"/>	WHAT	DATE
	Chlamydia Screening	
WHEN		
<p>Begin after becoming sexually active. Get tested if you are sexually active. Talk with your provider about testing for other sexually transmitted infections.</p>		
<input checked="" type="checkbox"/>	WHAT	DATE
	Cervical Cancer Screening	
WHEN		
<p>Begin at age 21, complete every 1-3 years. Talk to your provider about how often you should be getting a pap smear test.</p>		
<input checked="" type="checkbox"/>	WHAT	DATE
	Kidney Health Evaluation	
WHEN		
<p>Talk with your provider about when your kidneys should be checked.</p>		

<input checked="" type="checkbox"/>	WHAT	DATE
	Cholesterol Check	
WHEN		
<p>Talk with your provider about any family history of high cholesterol and when you should be getting your cholesterol checked.</p>		
<input checked="" type="checkbox"/>	WHAT	DATE
	Blood Sugar Check	
WHEN		
<p>Talk with your provider about having your blood sugar checked.</p>		
<input checked="" type="checkbox"/>	WHAT	DATE
	Mammogram 	
WHEN		
<p>Begin at age 45, complete screening every 1-2 years. Begin to talk your provider about if you should have a mammogram earlier than age 45 and how often you should have them.</p>		

Get rewarded for healthy living! Neighborhood wants you to be healthy.

That's why we reward you for making healthy choices, like visiting your provider or getting certain health screenings.

Learn more about how you earn gift cards to Walmart by scanning the QR code or visiting www.nhpri.org/your-health/resources/rewards/.



Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide benefits of both programs to enrollees.

Neighborhood Health Plan of Rhode Island es un plan de salud que tiene contrato con Medicare y Rhode Island Medicaid para brindar los beneficios de ambos programas a los afiliados.

Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1-844-812-6896 (TTY 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1-844-812-6896 (TTY 711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

យើងមានសេវាអ្នកបកប្រែផ្ទាល់មាត់ដើម្បីឆ្លើយ រាល់សំណួរដែលអ្នកអាចមានអំពីគម្រោងសុខភាព និងថ្នាំរបស់យើងខ្ញុំ។ ដើម្បីទទួលបានអ្នកបកប្រែ ផ្ទាល់មាត់ គ្រាន់តែហៅទូរស័ព្ទមកយើងខ្ញុំតាមរយៈ លេខ 1-844-812-6896 (TTY 711)។ អ្នកដែល និយាយខ្មែរជួយអ្នកបាន។ នេះជាសេវាកម្ម តិចគិតថ្លៃ។