

Regular visits to a health care provider can help maintain good health and uncover illnesses early when treatment is more effective. Following are health exam recommendations to ensure wellness. These guidelines are basic and do not reflect personal risk factors or family history.

Directions: Please mark the appropriate column to respond to the following statements about your health visits.

	YES	NO
1. I had a complete health assessment (physical) in the last 3 years (this is a comprehensive evaluation of your physical health and health history).	<input type="checkbox"/>	<input type="checkbox"/>
2. I receive counseling on dietary habits, exercise, substance use, and sexual practices from my health care provider periodically.	<input type="checkbox"/>	<input type="checkbox"/>
3. I had my cholesterol, blood sugar, and hemoglobin levels checked. This should be done every 5 years, starting at age 19.	<input type="checkbox"/>	<input type="checkbox"/>
4. I have my blood pressure checked at least once every 2 years.	<input type="checkbox"/>	<input type="checkbox"/>
5. I had an eye examination in the last 3 years.	<input type="checkbox"/>	<input type="checkbox"/>
6. I had a dental examination in the last 6 months.	<input type="checkbox"/>	<input type="checkbox"/>
7. I am aware of my risks and/or have been screened for sexually transmitted infections (including HIV).	<input type="checkbox"/>	<input type="checkbox"/>
8. WOMEN: I had a complete gynecological exam in the last year. (Begin by age 21, or 3 years of initiating sexual activity, whichever comes first.)	<input type="checkbox"/>	<input type="checkbox"/>
9. MEN: I am aware of my risks for prostate cancer and testicular cancer.	<input type="checkbox"/>	<input type="checkbox"/>
10. I am up-to-date with the following immunizations:		
Flu (Influenza)	<input type="checkbox"/>	<input type="checkbox"/>
Td (Tetanus & diphtheria)	<input type="checkbox"/>	<input type="checkbox"/>
Tdap (Tetanus/diphtheria/pertussis)	<input type="checkbox"/>	<input type="checkbox"/>
MMR (Measles/Mumps/Rubella)	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis B	<input type="checkbox"/>	<input type="checkbox"/>

NOTE: Many of these services are provided by Student Health Services, at low-cost to all Cal Poly Pomona students. We are located in Building 46, at the top of University Drive. For more information or to make an appointment, please call (909) 869-4000 or visit our web page: <http://dsa.csupomona.edu/shs/>

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HEALTH EVALUATIONS

These guidelines are for information only. Your health care provider may make changes based on your health and health history.

PHYSICALS

- Should include a basic check-up, including height, weight, and blood pressure measurements, blood tests, urinalysis, and other tests as recommended by your health care provider.
- Should be done every 3 years at 18-45 yrs of age, every 2 years at 50-60, and annually at 65 years and over.
- Wellness physicals are available at Student Health Services (SHS) for students. Please call (909) 869-4000 for appointment.

CHOLESTEROL

- Cholesterol testing is available at low-cost to students.
- If your cholesterol level is high, (greater than 200mg/dl) you can make an appointment with a health educator.
- Together, you will make plans to take specific actions to reduce it. For an appointment call (909) 869-4000.

BLOOD PRESSURE:

- High blood pressure is often without symptoms. It is essential to see your health care provider for check-ups.
- 120/80 is considered normal. You have high blood pressure or hypertension when your blood pressure is 140/90 or above. If your blood pressure is 130/85 or above, you should check your blood pressure every year.
- Visit the Wellness Center, Bldg. 46 West Entrance to discuss ways to decrease blood pressure with our staff.

EYES

- Eye exams test your ability to see sharply and clearly at near and far distances. They determine nearsightedness, farsightedness, astigmatism, and depth perception. They include tests for eye diseases such as glaucoma.
- Eye exams should be done every 2-3 years at 19-60 years of age, and annually for those 60 and over.
- SHS offers vision screenings. Referrals are made to providers who can give you a complete eye examination.

DENTAL

- The American Dental Association recommends that dental examinations be done twice a year.
- Please call (909) 869-4000 for referrals to dentists.

SEXUALLY TRANSMITTED INFECTIONS

- Based on your sexual activity you should be tested for various STDs each year and with each new sexual partner.
- SHS provides testing for sexually transmitted infections, including HIV. Please call (909) 869-4000 for an appointment.

WOMEN

- Gynecological exams should be done annually in all women within 3 years of becoming sexually active or by age 21, whichever comes first.
- Mammograms should be performed yearly for all women age 50 and over. Women between age 40 and 49 may be screened. Discuss with your health care provider.
- Women's health services include annual exams at SHS. Please call (909) 869-4000.

MEN

- Testicular cancer is the most common form of cancer among men ages 20-35. IT is recommended that men perform monthly testicular self-examinations.
- You can learn about how to do testicular self-examinations at the Wellness Center, Bldg. 46 West Entrance, or by making an appointment to speak with a health educator or clinician at (909) 869-4000.
- Men 40 and over need to be checked for prostate cancer every year.

IMMUNIZATIONS (Please call 909-869-4000 to schedule an appointment at SHS)

- Flu shots are recommended yearly for those age 65 & over and for those who suffer from chronic diseases. A yearly flu shot is also recommended for anyone involved in work with the sick or elderly. Flu shots are free for high-risk students. Call for current pricing.
- Tetanus, diptheria, and pertussis shots are free at SHS. A tetanus/diptheria (Td) dose is needed every 10 years all throughout life. It is recommended that adults (19yrs & older) receive one dose of Tdap (which covers tetanus, diptheria and pertussis) and then the Td vaccine every 10 years thereafter.
- Hepatitis B immunization requires 3 injections and provides long-term immunity. It is recommended for all health care workers and others exposed to blood and body secretions. Call for current pricing.
- Measles and Rubella vaccines are needed once, after age 1, if you were born after 1956. A blood test is available to determine if you are immune. Call for current pricing.