

Philips Lifeline

We want to help you continue to live at home with confidence.

Philips Lifeline medical alert service provides fast access to help 24 hours a day, 365 days a year. The Senior Health Department of Virginia Hospital Center installs and provides ongoing maintenance for this service throughout northern Virginia.

SPECIAL OFFER THROUGH 7/31/11

FREE activation plus receive your first month FREE!
(Savings up to \$125). Mention code HEALTHREACH.

CALL 703.558.6859 TODAY.



Healthcare Checklist for Women Age 40+

- Blood Pressure Test**
Age 40+: At least every 2 years
- Cholesterol Test**
Age 40+: At least every 2 years
- Mammogram**
Age 40+: Annually
- Clinical Breast Exam**
Age 40+: Annually
- Breast Self-Exam:**
Conduct on a regular basis
- Routine Pelvic Exam**
Age 40+: Annually
- Pap Test**
Age 40+: Talk to your doctor about screening frequency.
- Blood Glucose Test**
Age 45+: Every 3 years
- Colonoscopy Screening**
 - ◆ Age 50 with no symptoms or family history: Every 5-10 years thereafter
 - ◆ Women with symptoms, family history of colorectal cancer or inherited syndromes: Talk to your doctor about earlier and/or more frequent screenings.
- Osteoporosis Screening**
At menopause: 1st DEXA Scan

VIRGINIA HOSPITAL
CENTER

This checklist is general in nature. Discuss screenings and tests with your doctor and consult your insurance provider for coverage.

Continued →

HEALTH PROMOTION & SENIOR HEALTH REGISTRATION FORM

Complete this form and mail to Health Promotion Department, Virginia Hospital Center, 1701 N. George Mason Drive, Arlington, VA 22205-3698; or fax to 703.558.2456. Checks should be made payable to Virginia Hospital Center. You will receive a confirmation with directions. Parking tokens provided. For more details, call 703.558.6740.

Your Name	
Address	
Daytime Phone	
Email Address	
Program Name	
Program Date	Amount Enclosed
Credit Card #	
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Amex <input type="checkbox"/> Discover	
Exp. Date	Signature

Healthcare Checklist for Men Age 40+

- Blood Pressure Test**
Age 40+: At least every 2 years
- Cholesterol Test**
Age 40+: At least every 2 years
- Blood Glucose Test**
Age 45+: Every 3 years
- Colonoscopy Screening**
 - ◆ Age 50 with no symptoms or family history: Every 5-10 years thereafter
 - ◆ Men with symptoms, family history of colorectal cancer or inherited syndromes: Talk to your doctor about earlier and/or more frequent screenings.
- Prostate Cancer Screening**
 - ◆ Age 50 with average risk: Talk to your doctor about screening.
 - ◆ Age 45 for African Americans or men at high risk: Talk to your doctor about earlier screenings.
 - ◆ Age 40 for men at higher risk: Talk to your doctor about earlier screenings.



This checklist is general in nature. Discuss screenings and tests with your doctor and consult your insurance provider for coverage.