

Take Charge of Your Health: A Prevention Checklist for Men & Women

What should I do with this form?

- Answer each question by marking the check box that applies to you with a check mark ☒.
- Visit www.HealthLinkBC.ca, or call 811 anytime to speak with a registered nurse, a dietician or a pharmacist.
- Take the form to your next appointment with your family doctor to ask if these interventions are right for you. Your doctor may require more than one visit to address the checklist.

The 10 interventions may not apply to you and should not be considered medical advice.

What Should I Do?	Is the Intervention Right for Me?	How Can I Take Charge of My Health?	Notes for Your Doctor
1 Quit Smoking	Do you smoke or chew tobacco? ☐ Yes – Take charge with actions in the next box >> ☐ No – Great, keep up the good work!	- Call 811 for information on the BC Smoking Cessation Program and ask about free nicotine replacement medications and community resources to help you quit smoking - Ask your doctor for help - Visit www.quitnow.ca	Fee Code: G14066* with Dx Codes 786, 783 or 785 Fee Code: G14034*** with 785 Relevant info http://www.bcguidelines.ca/pdf/cvd_appendix_a_i.pdf
2 Stop Drinking	Men: In the last year, have you ever had 5 or more drinks in one day? Women: In the last year, have you ever had 4 or more drinks in one day? ☐ Yes – Take charge with actions in the next box >> ☐ No – If you drink alcohol, ask your doctor if how much you are drinking is okay	- Call 811 or Alcohol and Drug Referral Information at 1-800-663-1441 - Ask your doctor about drinking less or to stop drinking - Visit http://heretohelp.bc.ca/sites/default/files/images/alcohol.pdf	Fee Code: G14034*** with 785 Dx Code: 303 Relevant info http://www.bcguidelines.ca/pdf/problem_drinking.pdf
3 Get the Annual Flu Shot	Do you get your flu shot every year? ☐ Yes – Great, keep up the good work! ☐ No – Take charge with actions in the next box >>	- Call 811 to find out about getting your flu shot at a local pharmacy or a health unit - Ask your family doctor for your flu shot - Visit www.fraserhealth.ca and search "flu shot" to find where you can get your flu shot <i>Note: Flu shots are free to certain people over 65 years of age or people who are at high risk of becoming very sick with the flu, and people who work with others at high risk of becoming very sick.</i>	Fee Code: G14066* with Dx Codes 786, 783 or 785 Fee Code: P10015 Relevant information: http://www.bccdc.ca/
4 Protect Yourself from Pneumococcal Disease	Do any of these apply to you? - You are 65 years of age or older - You live in a care facility - You are homeless or use injection drugs - You have chronic conditions that make you more likely to become sick with a serious pneumococcal disease ☐ Yes – Take charge with actions in the next box >>	- Call 811 to find out about getting this shot at a health unit or pharmacy - Ask your doctor about getting a pneumococcal shot to help protect you from diseases like meningitis or pneumonia - Visit www.healthlinkbc.ca/healthfiles/hfile62b.stm	Fee Code: G14066* with Dx Codes 786, 783 or 785 Fee Code: P10024 Relevant information: http://www.bccdc.ca/

Please refer to the provincial MSP billing website for further information.

Please write to feedback@fraserhealth.ca with "Clinical Prevention" in the subject line for your feedback.

What Should I Do?	Is the Intervention Right for Me?	How Can I Take Charge of My Health?	Notes for Your Doctor
5 Check Your Blood Pressure	Have you had your blood pressure checked in the last year? ☐ No – Take charge with actions in the next box >> Is your blood pressure normal? ☐ Yes – That's great...keep up the good work ☐ No – Take charge with actions in the next box >>	- Get your blood pressure checked - Call 811 to ask about hypertension - Ask your doctor about diet, exercise, and medications to control your blood pressure - Many pharmacies also offer free blood-pressure testing - Visit www.bcguidelines.ca/pdf/hypertension_patient_guide.pdf or www.heartandstroke.bc.ca then search "hypertension"	Fee Code: G14066* with Dx Codes 786, 783 or 785 Fee Code: G14052** with Dx Code of 401 Relevant info http://www.bcguidelines.ca/pdf/hypertension.pdf
6 Check Your Cholesterol Level	Do any of these apply to you? - You are a man over the age of 39, or a woman who is either over the age of 49 or has gone through menopause - You have high blood pressure, diabetes, kidney disease, or your waist size is >40 inches if you are a man, or >35 inches if you are a woman - You have a family history of early (before age 55) heart disease ☐ Yes – Take charge with actions in the next box >>	- Call 811 to speak to a nurse or dietician - Ask your doctor about lipid (cholesterol) testing - Visit www.bcguidelines.ca/pdf/cvd_patient_guide.pdf or www.heartandstroke.bc.ca then search "high blood cholesterol"	Fee Code: G14066* with Dx Codes 786, 783 or 785 OR Fee Code: G14034*** with 785 Relevant info http://www.bcguidelines.ca/pdf/cvd.pdf
7 Get Checked for Colorectal Cancer	Do any of these apply to you? - You are between 50–75 without risk factors for colorectal cancer - You are under 50 and you or someone in your family has or had bowel disease, polyps or bowel cancer ☐ Yes – Take charge with actions in the next box >>	- Call 811 for advice about colorectal cancer - Ask your doctor about getting checked for this cancer - Visit www.bcguidelines.ca/pdf/col_pat.pdf	Fee Code: G14066* with Dx Codes 786, 783 or 785 Relevant info http://www.bcguidelines.ca/pdf/cvd_appendix_a_i.pdf
8 Women: Get Regular Pap Tests	Are you older than 21 or did you start having sex 3 or more years ago? ☐ Yes – Take charge with actions in the next box >>	- Call 811 to find out ways to prevent cancer of the cervix - Ask your doctor for a Pap test - Visit www.bccancer.bc.ca then search "pap"	Fee Code: G14066* with Dx Codes 786, 783 or 785 Relevant info http://www.bcguidelines.ca/pdf/colorectal_det.pdf
9 Women: Get Regular Mammograms	Are you between ages 50–74 without family history of breast cancer? ☐ Yes – Take charge with actions in the next box >> Note: if you have breast cancer in your family, please ask your doctor about the right test for you regardless of your age	- Call 811 for advice about mammograms - Book your own screening mammography – call 1-800-663-9203 - Ask your doctor about free screening breast mammography every 2-3 years - Visit www.smpbc.ca or http://www.healthlinkbc.ca then search "mammogram"	Fee Code: G14066* with Dx Codes 786, 783 or 785 Relevant info http://www.canadiantaskforce.ca/recommendations/2011_01_eng.html
10 Talk to Your Doctor about Low Dose Aspirin (ASA)	Have you had a stroke or heart attack? ☐ Yes – Take charge with actions in the next box >>	- Talk to your doctor about daily ASA use Note: Daily ASA is not recommended for people who have: an allergy to ASA; stomach ulcers; recently had a stroke caused by bleeding in the brain; high blood pressure that is not under control; and asthma that is made worse by ASA. - Warning: Do not begin taking daily ASA without first talking to your doctor - Visit www.healthlinkbc.ca then search "aspirin"	Fee Code: G14066* with Dx Codes 786, 783 or 785 Relevant info http://www.bccancer.bc.ca/NR/rdonlyres/06B60DAE-6A09-4B51-8B87-53DCE7A69115/23709/CCSPmanualseventhed.pdf

* Personal Health Risk Assessments - BC Lifetime Schedule of Recommended Actions for obese, smoker, physically inactive, unhealthy eating; not payable on the same day as G14015, G14017, G14033, G14043, G14063; max of 1x/yr/patient for 100 patients

**If patients have a confirmed Dx of hypertension, the annual chronic care bonus G14052 can be used for full service GPs.

***CV Risk Assessment code for men and women aged 18-69 to assess: age, gender, smoking status, fasting blood sugar, blood pressure, and lipid profile as a min, max of 30patients/yr.