



Sutter Health
With You. For Life.



August 1, 2012

Peralta Community College District and **Sutter Health** are pleased to provide you with the enclosed information to help you stay on top of your health.

One of the best ways to stay healthy is to make sure you and your family are up to date on vaccines and health screenings. Enclosed please find Sutter Health's *Partnering for Your Best Health: Health Guidelines*, which outlines the recommended health screenings, immunizations and checkups for every stage of life.

Establishing a relationship with a primary care physician (PCP) and having ongoing discussions about your recommended screenings is important to your health.

Even if you believe you're in good health, having regular check-ups helps your physician assess your overall health and screen for potential future problems. Most people who have high blood pressure or cholesterol, for example, don't even know it. Staying on top of these preventative care guidelines is very important. The sooner any condition is detected, the sooner it can be treated. We encourage you to ask questions and take a partnership approach with your physician to achieve optimal health.

When you have a relationship with a physician you know and trust, you can feel comfortable talking about anything. **If you don't have a PCP, take this opportunity to select one who is right for you.**

- If your health plan is *Peralta Community College District Self-Funded Plan (Anthem Blue Cross)*, visit www.sutterhealth.org/MyPCP to find a PCP based on criteria that is important to you. You can also call (888) 729-9448 for a *Sutter Health representative* to assist you in selecting a physician.
- If your health plan is *Kaiser*, visit www.KP.org to find a PCP or contact KP at (800) 464-4000.

If you are due for a routine checkup or follow-up visit with your PCP, we encourage you to make an appointment today.

Live Well,

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Enclosure



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Be sure to follow up with your physician on those recommended screenings highlighted below. For a complete listing, refer to the enclosed brochure.

Keep track of your past and upcoming appointments here:

General Health	Date Last Seen	Next Appointment
<ul style="list-style-type: none"> Annual Well Visit/Physical Exam Please indicate Annual Well Visit when scheduling your appointment. 		
<ul style="list-style-type: none"> Immunizations (Routine) 		
<ul style="list-style-type: none"> Colon Cancer Screening 		
<ul style="list-style-type: none"> Diabetes Screening 		
<ul style="list-style-type: none"> Lipid Test 		
Women's Health		
<ul style="list-style-type: none"> Mammography 		
<ul style="list-style-type: none"> Pap 		
Men's Health		
<ul style="list-style-type: none"> Prostate Screening 		

For benefits and copayment information, refer to your Benefits Information Center at www.peralta.pswbenefits.net or www.peralta retirees.pswbenefits.net.

To find a physician who is right for you, visit SutterHealth.org/MyPCP.

Don't wait until you get sick to choose a primary care physician.

- Stay up-to-date on preventive wellness
- Address chronic issues sooner
- Early detection means easier treatment
- Decrease the need for complicated, specialty care