



THE **COLOR**
OF **HEALTH**

presents

2019 Edition



MAKE YOURSELF PRIMARY:

PATIENT HEALTH WORKBOOK



Bridging the Health Equity Gap

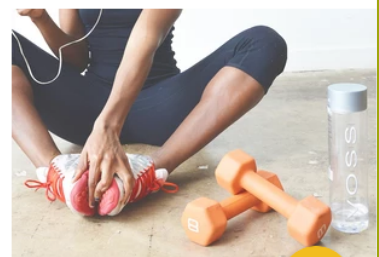


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DISCLAIMER: The information and reference materials contained here are intended solely for the general information of the reader. It is not to be used for treatment purposes, but rather for discussion with the patient's own medical provider. The information presented here is not intended to diagnose health problems or to take the place of professional medical care. The information contained herein is neither intended to dictate what constitutes reasonable, appropriate or best care for any given health issue, nor is it intended to be used as a substitute for the independent judgement of a physician for any given health issue. The major limitation of informational resources like this workbook is the inability to take into account the unique circumstances that define the health issues of the patient. If you have persistent health problems or if you have further questions, please consult your health care provider. All readers of this workbook agree to read and abide by the complete terms of this disclaimer agreement.

2019

Make Yourself Primary: Patient Health Workbook Objective



The 2019 COH Patient Health Workbook is the first comprehensive guide for primary care healthcare visits for New York City adults and children.

The primary goal of the 2019 COH Patient Health Workbook is to increase knowledge of routine health care screenings among people of color, and improve patient- healthcare provider communication.

Communicating with your healthcare provider is an important part of getting good medical care. This workbook will help you prepare for a medical appointment, discuss sensitive topics, manage your medications, and provide community health resources.



ABOUT US

The Color of Health (COH) is a NYC-based nonprofit dedicated to addressing health disparities and inequities within the diverse communities of the five boroughs. We primarily serve members of the Black community, as they are the most impacted by marginalization. The COH also works to serve other impacted communities of color through targeted interventions that are unique to those communities.

The COH continues to serve under this mission by providing access to a network of health care providers, educators, and community members who are all dedicated to comprehensive healthcare for all populations. We believe that through education and mobilization, we can empower vulnerable community to take control of their health and increase their quality of life.



ACCESS TO
PREVENTATIVE
AND PRIMARY
HEALTH CARE



CHRONIC
DISEASE AND
LIFESTYLE
FACTORS



FAMILY PLANNING,
SEXUALLY
TRANSMITTED
DISEASES &
HIV/AIDS



POVERTY,
FINANCIAL
HARDSHIPS, &
BASIC NEEDS
INSECURITY



THE COLOR OF HEALTH

Get in Touch

P.O. Box 210247 Woodhaven, NY 11421



info@thecoh.com

<https://www.thecoh.org/>



TALKING WITH YOUR PROVIDER:



TIPS FOR PATIENTS

Good communication with your provider is important, especially if you have health problems or concerns. Use these tips to make the most of your health appointments:

1. Prepare for your visit. Be ready to ask three or four questions.

- Share your symptoms, medicines or vitamins, health habits, and any major life changes.



3. Make decisions with your healthcare provider that meet your needs. Discuss risks, benefits, and costs of tests and treatments. Ask about other options and preventive things you can do.



5. Tell the healthcare provider if you feel rushed, worried, or uncomfortable. You can offer to return for a second visit or follow up by phone or email.

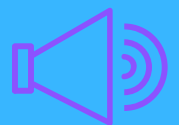


2. Take notes or ask for written materials. Don't be afraid to ask the provider to repeat or clarify important information.



4. Be sure you are getting the message.

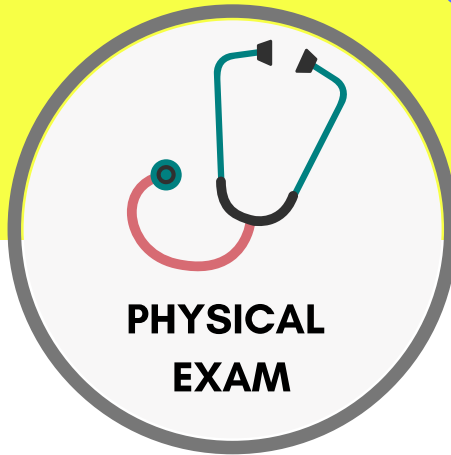
- If you have trouble hearing, ask your healthcare provider to face you when talking and to speak louder and more clearly.



Babies & Children

WELL-CHILD VISITS

The check your child should not miss



**PHYSICAL
EXAM**



**DEVELOPMENTAL
MILESTONES**




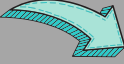

**IMMUNIZATION
SCHEDULE**

Be sure your baby receives the healthcare and CDC-recommended vaccinations he or she may need by consulting your family provider.

Did you know? ✨

- Wellness checks are a good time to focus attention on the health development of your child.
- Protecting your baby/child is priority -- ensure that your provider is keeping their vaccinations up to date.
- Early screenings can identify treatable conditions and lifestyle changes that need to be addressed.

Well Child Checks 

1 2 4 6 9  **12 15 18** **MONTHS** 

After 18 months

- Annually from ages 2+

Be sure to talk with your family provider about other screenings your child may need.

SCREENING TESTS

- **Obesity/BMI:** Monitor periodically throughout childhood starting at age 6
- **Vision:** At or before age 5 if cooperative
- **Lipid (Cholesterol):** Between ages 9-11
- **Depression:** Starting at age 11 or sooner if suspected
- **Lead and Anemia:** Discuss risk factors with your provider

Be sure to talk with your family provider about other screenings your child may need.



DISCUSSION TOPICS

- **Development & Behavior:** Discuss at each visit for early prevention
- **Tobacco Use:** Routine discussion starting at age 11
- **Maternal Depression Screening:** Discuss with your provider each year
- **Sexual abuse**
- **Accident prevention** (cars, sports, etc.)

VACCINATIONS

Age	Birth	1	2	4	6	12	18	2	4-5	11	16
Hepatitis B	•	•			•						
Haemophilus Influenza Type B			•	•	•	•					
Polio		•	•	•	•				•		
Diphtheria, Tetanus & Acellular Pertussis		•	•	•	•		•		•		
Rotavirus		•	•	•	•						
Pneumococcal			•	•	•	•					
Tdap/Td										•	
Measles, Mumps & Rubella						•			•		
Varicella (Chicken Pox)									•		
Hepatitis A						•	•				
Influenza (yearly)					•		•	•	•	•	•

Adolescents

WELLNESS VISITS

The check your teen should not miss



**PHYSICAL
EXAM**



**DEVELOPMENTAL
MILESTONES**



**IMMUNIZATION
SCHEDULE**

Be sure your teen receives the healthcare and CDC-recommended vaccinations he or she may need by consulting your family provider.

Did you know? ✨

- Routine wellness checks and screening tests are very important for children and adolescents.
- It sets the foundation for a lifetime of optimal health and wellness.
- Early screenings can identify treatable conditions and lifestyle changes that need to be addressed.

Adolescent Checks



EVERY  **12 MONTHS**


Be sure to talk with your family provider about other screenings your teen may need.

SCREENING TESTS

- **Chlamydia/Gonorrhea:** Yearly for sexually active women starting at age of sexual activity
- **HIV:** Between ages 15-65
- **Obesity/BMI:** Monitor periodically throughout childhood starting at age 6
- **Depression:** Starting at age 11 or sooner if suspected

Be sure to talk with your family provider about other screenings your child may need.

DISCUSSION TOPICS

- 
- **Alcohol Misuse:** Discuss with your provider
 - **Tobacco Use:** Routine discussion starting at age 11
 - **Prevention of Sexually Transmitted Infections:** Discuss with your provider starting at age 11
 - **Bullying and social media**
 - **Sexual abuse**
 - **Accident prevention** (cars, sports, etc.)

VACCINATIONS

Age	Birth	1	2	4	6	12	18	2	4-5	11	16
Hepatitis B	•	•			•						
Haemophilus Influenza Type B			•	•	•	•					
Polio		•	•	•	•					•	
Diphtheria, Tetanus & Acellular Pertussis		•	•	•	•		•			•	
Rotavirus		•	•	•	•						
Pneumococcal		•	•	•	•						
Tdap/Td											•
Measles, Mumps & Rubella						•			•		
Varicella (Chicken Pox)						•			•		
Hepatitis A						•	•				
Influenza (yearly)					•		•	•	•	•	•

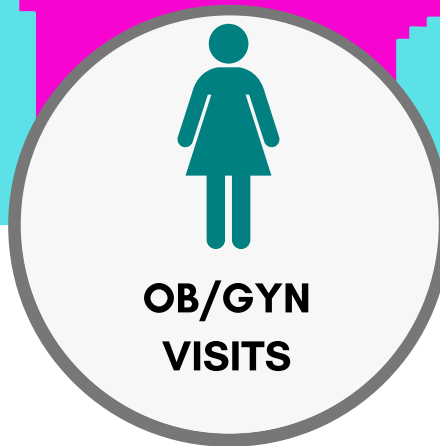
Adult Women

WELL WOMAN EXAM

The check women should not miss



**PRIMARY CARE
VISITS**



**OB/GYN
VISITS**




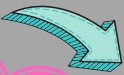
**DENTAL & EYE
EXAMS**


Be sure you receive the recommended healthcare by consulting your provider .

Did you know? ✨

- Yearly health screenings for adult women are crucial, even if you are healthy.
- The purpose of these visits is to screen for medical issues, assess your risk for future medical issues, to encourage and promote healthy lifestyles, update vaccinations, and to develop a rapport with a provider in your neighborhood.

Well Woman Checks 

EVERY  **12 MONTHS**

SCREENING TESTS 

- **Chlamydia/Gonorrhea:** At least yearly for sexually active adults
- **HIV:** Yearly or every 3-6 months with high risk behaviors
- **Breast Cancer:** Ages 20 to 40, your provider may do a clinical breast exam; Over 40 should get screening mammogram
- **Cervical Cancer:*** Begin at age 21. Pap every 3 years for age 21-29, Pap test with HPV screening every 5 years from ages 30-65
- **Blood Pressure:** Every 2 years
- **Diabetes:** Every 3 years in adults with a BMI >25 kg/m2 (or ≥23 kg/m2 in Asian Americans)
- **Cholesterol:** If 20 or older, if you have a higher risk for heart disease

*Based on your results and history providers may recommend different screening intervals



DISCUSSION TOPICS

- Your provider will ask you questions about alcohol and tobacco and may ask you about depression.
- If you have concerns or are seeking information on substance abuse or mental health, do not hesitate to see a health care provider right away.

ACIP Adult Immunization Schedule, Age-Based Recommendations - USA

VACCINE ▼	AGE GROUP ►	19-21 years	22-26 years	27-49 years	50-59 years	60-64 years	≥ 65 years
Influenza		1 dose annually					
Tetanus, diphtheria, pertussis (Td/Tdap)		Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs					Td/Tdap*
Varicella		2 Doses					
Human papillomavirus (HPV) Female		3 doses					
Human papillomavirus (HPV) Male		3 doses					
Zoster						1 dose	
Measles, mumps, rubella (MMR)		1 or 2 doses				1 dose	
Pneumococcal (polysaccharide)		1 or 2 doses					1-dose
Meningococcal		1 or more doses					
Hepatitis A		2 doses					
Hepatitis B		3 doses					

Adult Men

WELL MEN VISITS

The check men should not miss



**PRIMARY CARE
VISITS**



**PHYSICAL
ACTIVITY**



**DENTAL & EYE
EXAMS**

Be sure you receive the recommended healthcare by consulting your provider.

Did you know? ✨

- Yearly health screenings for adult men are crucial, even if you are healthy.
- The purpose of these visits is to screen for medical issues, assess your risk for future medical issues, to encourage and promote healthy lifestyles, update vaccinations, and to develop a rapport with a provider in your neighborhood.

Well Men Checks

EVERY 12 MONTHS

SCREENING TESTS ☒

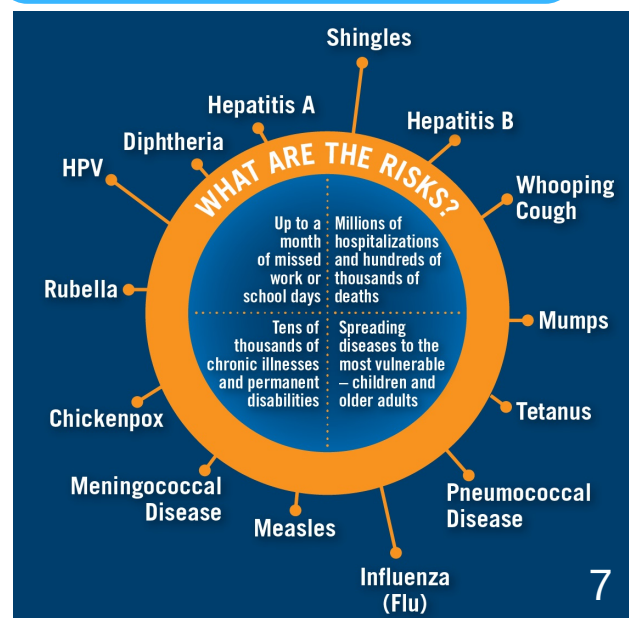
- **Chlamydia/Gonorrhea:** At least yearly for sexually active adults
- **HIV:** Yearly or every 3-6 months with high risk behaviors
- **Blood Pressure:** Every 2 years
- **HPV Vaccine:** Up to age 45, you may receive it
- **Diabetes:** If you are age 45 or older, you should be screened every 3 years
- **Cholesterol:** Check Every 5 years, or more frequently based on your risk factors
- **Colorectal Cancer:** Between ages 50 to 75, you should be screened for colorectal cancer
- **Prostate Cancer:** Most men age 50 or older should discuss screening for prostate cancer with their provider
- **Osteoporosis:** If you are between ages 50 to 70 and have risk factors for osteoporosis, you should discuss screening with your provider

Be sure to talk with your family provider about other screenings you may need.



DISCUSSION TOPICS

- Your provider will ask you questions about alcohol and tobacco and may ask you about depression.
- If you have concerns or are seeking information on substance abuse or mental health, do not hesitate to see a health care provider right away.



COMMUNITY RESOURCES

QUEENS



Public Health Solutions
103-24 Roosevelt Ave, 3rd Fl
Corona, NY 11368
Phone: 718-335-7563

Public Health Solutions focuses on a wide range of public health issues that overwhelmingly affect the ability of undeserved New Yorkers to live their healthiest life. These issues include food and nutrition, health insurance, maternal and child health, reproductive and sexual health, tobacco control, and HIV/AIDS.

Queens Community House
108-25 62nd Drive
Queens, NY 11375
Phone: 718-592-5757

Queens Community House (QCH) is a multi-site, multi-service settlement house that serves the diverse neighborhoods of Queens. They are committed to a holistic approach that deals with immediate needs as well as the barriers that may impede personal, family, and community stability. They recognize the interconnected relationship between housing, health, employment, education, self-esteem, and financial well being, and ensure all participants in every program have access to a full range of resources to help them achieve wellness and life-long security.

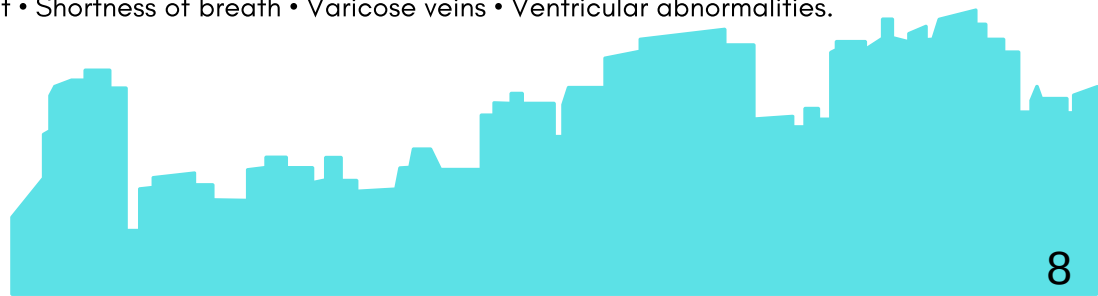
MIC-Women's Health Services
90-04 161st Street (at Jamaica Avenue) - 5th Floor
Jamaica, New York 11432
Phone: 718-523-2123

MIC-Women's Health Services is a program of Public Health Solutions - an organization offering free or low-cost women's health care. They offer free or low-cost: pregnancy tests, pregnancy care, birth control pills, patches, IUDs, the morning after pill, condoms, and female exam with pap smear and STD test. Medicaid plans are accepted. Immigrants are welcomed.

Queens Heart Institute
234-36 Merrick Blvd.
Rosedale, NY 11422
Phone: 718-949-9400

Queens Heart Institute offers comprehensive cardiology services in Queens County, NY, including the communities of Rosedale, Elmont, Jamaica, Laurelton, Springfield Gardens and South Jamaica. They provide care for conditions that include:

• Angina • Arrhythmia • Atrial fibrillation • Cardiomyopathy • Chest pain • Congestive heart failure • Coronary heart disease • Erectile dysfunction • Heart attack • Heart disease • Heart palpitations • High blood pressure • Irregular heartbeat • Shortness of breath • Varicose veins • Ventricular abnormalities.



COMMUNITY RESOURCES

QUEENS



Community Healthcare Network
Queens Healthcare Center
97-04 Sutphin Boulevard
Jamaica, New York 11435
Phone: 718 657-7088

Community Healthcare Network is a community health center designed for all of your family's needs. The sliding scale services they offer include: Men's and Women's Adult Medicine: Pediatric Services, Family Planning, Pre and Post-Partum Care, Colonoscopy, Nutrition Counseling, Health Education, Sexually Transmitted Disease (STD) Testing, Social Services, Emergency Contraception

Damian Family Care Center Inc
137-50 Jamaica Ave
Jamaica, New York 11435
Phone: 718-298-5100

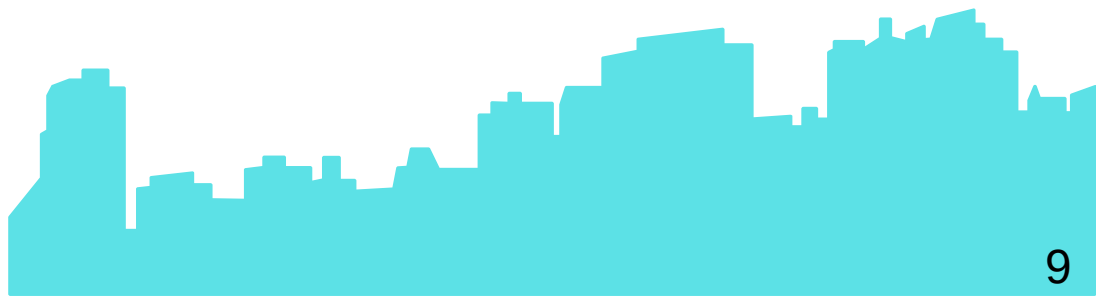
Damian Family Care Centers, Inc. is a not-for-profit primary medical health center & dental care services provider, striving to improve the health status of every patient regardless of one's ability to pay.

New York City Department of Health and Mental Hygiene
Bureau of STD Prevention and Control
90-37 Parsons Boulevard
Jamaica, New York 11432

Get low- to no-cost services for sexually transmitted infections (STIs), including HIV, at the NYC Department of Health's eight Sexual Health Clinics. Their clinics see patients on a first come, first served basis. No appointment is necessary. Anyone who is 12 or older can visit a clinic, regardless of immigration status. No parental consent is necessary. If you do not have health insurance or cannot pay the sliding scale fee, you can still get services.

NYC Health + Hospitals/Queens
82-68 164th Street
Jamaica, New York 11432
Phone: 844-692-4692

NYC Health + Hospitals/Queens is part of an integrated health care system of hospitals, neighborhood health centers, long-term care, nursing homes and home care. The mission of NYC Health + Hospitals/Queens is to provide quality, comprehensive care to all members of the public regardless of their ability to pay. If you do not qualify or cannot afford health insurance, you may qualify for NYC Health + Hospitals Options - a free or discount payment plan to make their health care services affordable for you and your family.



COMMUNITY RESOURCES

BROOKLYN



NYC Health + Hospitals/Kings County

451 Clarkson Avenue

Brooklyn, New York 11203

Phone: 718-245-3131

NYC Health + Hospitals is an integrated health care system of hospitals, neighborhood health centers, long-term care, nursing homes and home care -- the public health care system of New York City. NYC Health + Hospitals is committed to the health and well-being of all New Yorkers.

Brooklyn Rescue Mission

919 Gates Ave

Brooklyn NY 11221

Phone: 917-301-6747

Brooklyn Rescue Mission Urban Harvest Center Inc. is a community-based organization in Bedford-Stuyvesant, Brooklyn that helps to fight child hunger, and the poverty that our community endures on a daily basis.

Brooklyn Free Clinic

470 Clarkson Ave Suite A

Brooklyn, NY 11203

Phone: 347-688-6655

Brooklyn Free Clinic is a student-run free clinic. A fully-board-certified physician supervises their work and helps with clinical decision-making. They are committed to addressing health disparities in Brooklyn through service. They envision a world in which every patient has the resources they need to be healthy.

Brooklyn Child Advocacy Center

320 Schermerhorn St.

Brooklyn, NY 11217

Phone: 718-330-5400

At the Child Advocacy Centers (CACs), children who have suffered sexual abuse or severe physical abuse are treated by caring teams who are fiercely dedicated to ending child abuse and helping children and families heal.

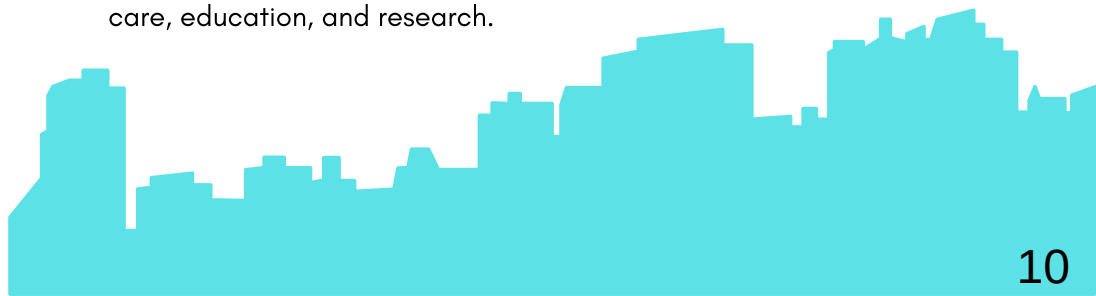
NYU Langone Hospital—Brooklyn

150 55th Street

Brooklyn, NY 11220

Phone: 718-630-7000

NYU Langone Health is one of the nation's premier academic medical centers. Our trifold mission to serve, teach, and discover is achieved daily through an integrated academic culture devoted to excellence in patient care, education, and research.



Notes

Questions