

CELEBRATING

23  
YEARS

# Latino Times

FREE | GRATIS - January 2023

HAPPY★NEW★YEAR

A BILINGUAL PUBLICATION

[www.latinotimes.org](http://www.latinotimes.org)

[Jan2023.pdf \(latinotimes.org\)](http://Jan2023.pdf(latinotimes.org))

Page 11

## Latest Healthcare Spotlights from Health Plan of San Joaquin

More than a Great New Year's Resolution – The Gift that Keeps on Giving!

The American Academy of Pediatrics suggests children (Birth to age 18) visit their doctor at least once a year for a Well Child visit. These visits will help make sure every child is reaching healthy milestones as they grow. Click <https://tinyurl.com/2khyvj8> for a Year-by-Year Children's Wellness Tests Checklist. As they get this FREE preventative healthcare, these young HPSJ members can get rewarded for being healthy.

Call it Colon Cancer or Colorectal cancer – Screening saves lives!

Of cancers that affect both men and women, this is the second leading cancer killer in the United States but it doesn't have to be. If you are 45 years old or older, get screened now. If you think you may be at increased risk for colorectal cancer, speak with your doctor about when to begin screening, which test is right for you, and how often to get tested. Click <https://tinyurl.com/3sc6kznr> for answers and support. HPSJ members receive a reward for getting screened and staying healthy.

Women's Health: Cervical cancer is preventable

Each year in the United States, about 13,000 new cases of cervical cancer are diagnosed and about 4,000 women die of this cancer. Hispanic women have the highest rates of developing cervical cancer, and Black women have the highest rates of dying from cervical cancer (CDC, 2022). Finding and treating cell change early can prevent cervical cancer. A Pap test looks for cell changes that can lead to cancer. HPV test looks for a virus that causes cell changes. Individuals with a cervix who

are 21 years and older need to have a pap test every 3 years. Those over 30 can get an HPV test every 5 years or Pap test every 3 years. Talk to your doctor about your cervical cancer screening.

HPSJ wants to reward members for taking care of their health

To HPSJ members we say: Visit your myHPSJ portal to see if you qualify for HPSJ's myRewards incentive program. By going in for a wellness visit, breast cancer screening, pap test, checking your A1c if you are diabetic, or for going in for prenatal care, you may be eligible. Visit [www.hpsj.com/myrewards](http://www.hpsj.com/myrewards).