

# Harold

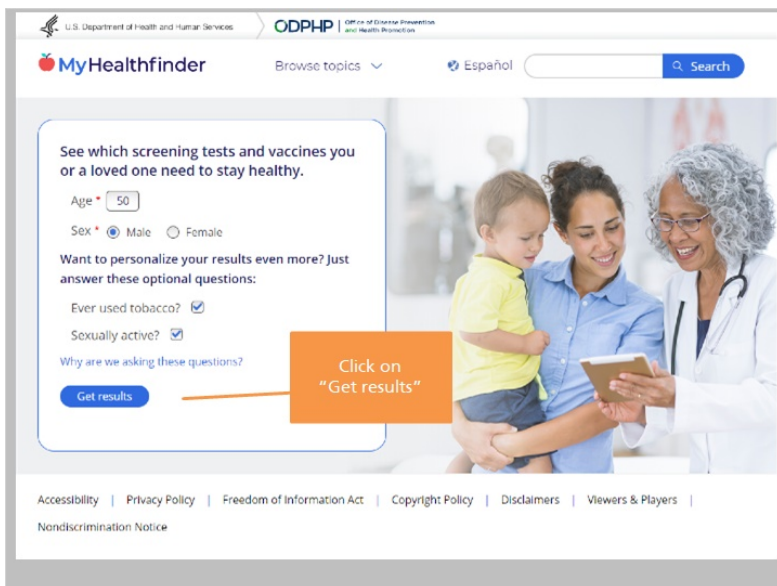
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Like Juanita, Harold wants to know what preventive services he should receive during his visit with his new doctor. He is ready to get started.



Harold navigates to the website MyHealthfinder at [health.gov/myhealthfinder/](https://health.gov/myhealthfinder/) and enters his age and sex.



He checks the box next to “Ever used tobacco?” because he has been a smoker for many years. He also checks the box next to “Sexually active.” Would you help out Harold, and click on “Get results”?

The screenshot shows the MyHealthfinder website interface. At the top, there is a navigation bar with the MyHealthfinder logo, a "Browse topics" dropdown menu, a language selector set to "Español", and a search bar. Below the navigation bar is a blue header with the word "Results" in white. To the right of the header is a photograph of a plate of fruit and some tools. The main content area has a white background and contains the following text: "You said you want personalized information for a man age 50. Here are important ways to stay healthy." Below this is a section titled "Doctors recommend that all men age 50:" with three sub-items: "Get the Seasonal Flu Vaccine" (with subtext "Get the flu vaccine every year to protect yourself and others from the flu. (ACIP)"), "Get Help to Quit Smoking" (with subtext "If you still smoke, ask your doctor about services to help you quit. (USPSTF)"), and "Get Tested for Colorectal Cancer" (with subtext "Get tested regularly for colorectal cancer, starting at age 50. (USPSTF)"). The "Get Tested for Colorectal Cancer" item is highlighted with an orange border.

Good job! As you get older, your risk of getting certain diseases changes — and you'll need different screenings based on those risks. For example, adults ages 50 to 75 years need to be screened for colorectal cancer because they're at higher risk.

**Based on family history and other risk factors, doctors recommend that some men age 50:**

**Watch Your Weight**

If you are obese, ask your doctor about counseling for obesity. (USPSTF)

**Talk to Your Doctor About Taking Medicine to Lower Your Risk of Heart Attack and Stroke**

Smoking can put you at risk for heart attack and stroke. Talk to your doctor about asking about taking a medicine called statin to lower your risk. (USPSTF)

**Get Tested for Syphilis**

If you have HIV or another risk factor for syphilis (like having sex with other men), ask your doctor about testing and prevention counseling. (USPSTF)

**Get Help with Healthy Eating**

If your doctor has told you that you are at risk for heart disease or diabetes, ask about dietary counseling. (USPSTF)

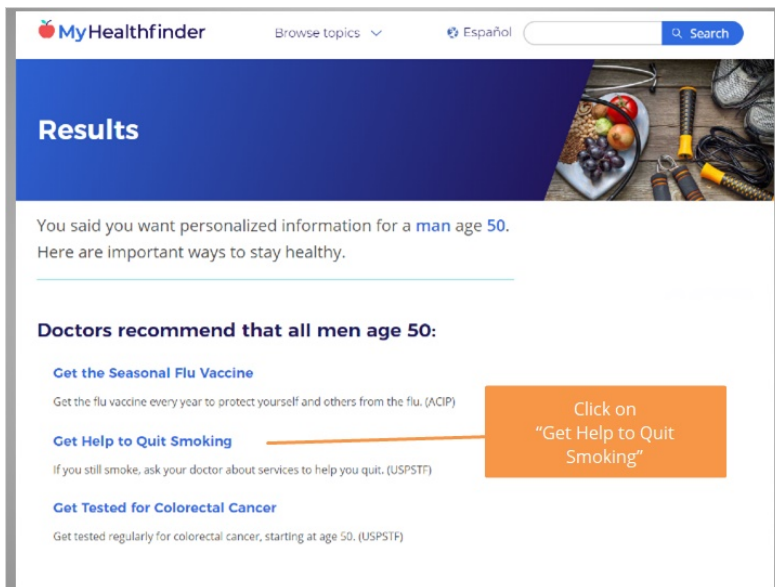
**Get Tested for Hepatitis B**

If you have risk factors for hepatitis B (like any injection drug use or if you were born in a country where hepatitis B is common), talk to your doctor about getting tested. (USPSTF)

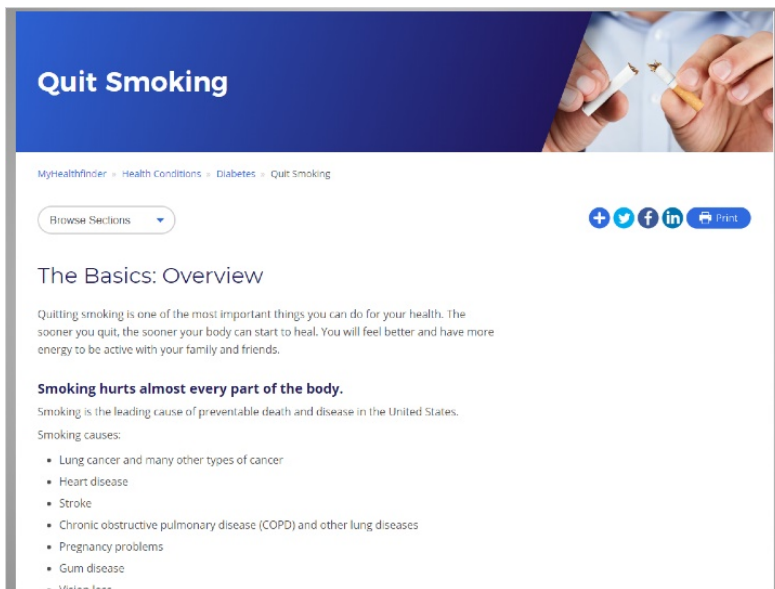
**Get Tested for Type 2 Diabetes**

If you are overweight or have other risk factors for type 2 diabetes (like a family history of diabetes), ask your doctor to test you for diabetes. (USPSTF)

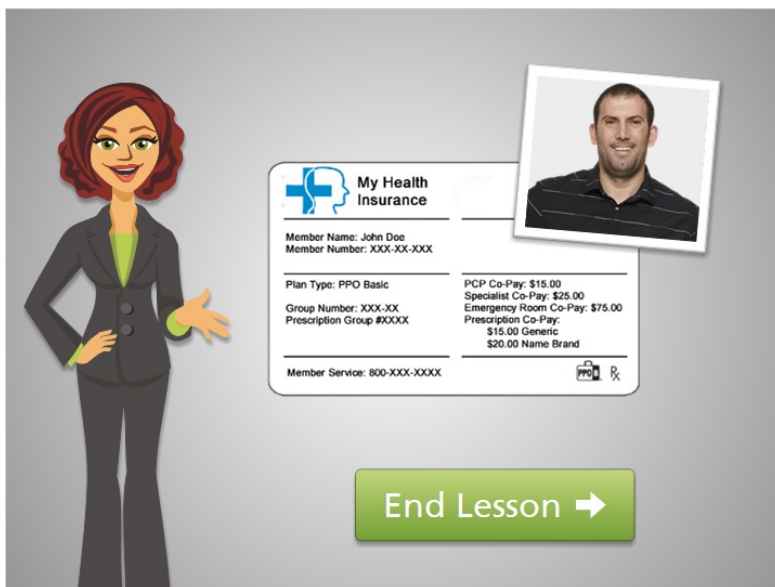
Harold scrolls further down to see more results. For Harold, since he is a smoker and an older adult, it is suggested that he talk to his doctor about taking medicine to lower his risk of heart attack and stroke.



Harold scrolls back to the top of the page. He wants to learn how to quick smoking. Would you help Harold, and click on “Get Help to Quit Smoking”?



Nice work! Harold is able to read more about quitting smoking, before he schedules an appointment with a doctor.



Now that Harold has reviewed some of the preventive services available and recommended to him, he feels ready to schedule a first appointment.

In the next lesson, we'll follow along with Harold as he reviews his insurance card, which he received when he signed up for a new health insurance coverage plan. Click on the green button to end this lesson.