Harold

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 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”? 
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.
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.