

Dear Friends and Supporters of Health Camp of NJ,

As we celebrate the 25th Anniversary of Health Camp of NJ, we extend our warmest wishes and heartfelt congratulations to an organization that has been a beacon of health and wellness in our community. Over the years, Health Camp of NJ has been dedicated to promoting the well-being of its members, and today, we delve into the crucial aspect of preventive healthcare - an essential pillar in the foundation of a healthier, happier life.

Prevention: The Cornerstone of a Healthy Future

The age-old adage "Prevention is better than cure" holds true now more than ever. In the realm of healthcare, preventing the onset of diseases is not just a cliché; it's a fundamental principle that Health Camp of NJ has ardently embraced for a quarter of a century.

Your Primary Care Physician: Your Partner in Prevention

One of the key elements in preventive healthcare is the relationship you build with your Primary Care Physician (PCP). Through regular check-ups, your PCP can monitor your health, perform necessary screenings, and detect potential issues before they escalate. Let's explore what a yearly physical exam with your PCP entails:

Vital Signs Assessment:

- Blood Pressure
- Height
- Weight
- BMI (Body Mass Index)

Comprehensive Testing:

- Blood work
- Urine tests
- EKG if necessary

Mental Health Screening:

- Fall risk assessment
- Depression screening

Specialist Referrals:

- Your PCP will guide you to specialists if additional screenings are required.

Adult Health Screening Tests: Safeguarding Your Future

Early detection is a powerful tool in preventing the progression of diseases, especially conditions like cancer.

Recommended health screenings and vaccinations

In accordance with the U.S. Preventive Services Task Force and current guidelines, the following screenings and vaccinations are recommended for adults. This information is provided by your health plan because they care about you and want you to stay as healthy as possible. Please talk to your primary care providers (PCP) about what they recommend for your specific needs.

Vaccinations and health screenings	Who needs it?	How many doses or how often?
Hepatitis A vaccine	Adults who want to be protected	1 dose every flu season
Hepatitis B vaccine	Adults who want to be protected and if you have any of these: <ul style="list-style-type: none"> • Chronic liver disease • Diabetes (age 60 and older) • Hemodialysis • Kidney disease 	2 or 3 doses depending on vaccine
Pneumonia vaccine (Pneumovax 15®, Prevnar 20®)	Adult age 65 and older should discuss and decide with their provider or anyone age 19-64 with a weakened immune system	1 dose Prevnar 15® followed by Pneumovax® or 1 dose Prevnar 20®
Pneumonia vaccine (Pneumovax®)	Adult age 65 and older	1 dose, unless directed by your PCP
Shingles vaccine	Adult age 50 and older	2 doses
Tetanus/Diphtheria/Pertussis vaccine (Tdap)/Tetanus vaccine (Td)	All Adult	1 dose Tdap, then Td or Tdap booster every 10 years
Human Papillomavirus vaccine	Adult age 27-45	3 doses, talk to your PCP
Colon cancer screenings: <ul style="list-style-type: none"> • Colonoscopy • CT Colonography • Sigmoidoscopy • FIT-DNA (Cologuard™) • Fecal Occult Blood Test (iFOBT or gFOBT) 	Adult age 45-75	Colonoscopy Every 10 years
		CT Colonography Every 5 years
		Sigmoidoscopy Every 5 years

Vaccinations and health screenings	Who needs it?	How many doses or how often?
Talk to your PCP about the best test for you. **Talk to your PCP about the when to have your next test if you have had abnormal screening results.		FIT-DNA (Cologuard") Every 3 years
		Fecal occult blood test (iFOBT or gFOBT) Every year
Breast cancer screening (Mammogram)	Women age < 40 years	Talk to your PCP / Gynecologist
	Women age >= 40 years	Every 1-2 years
Prostate cancer screening PSA	Men age >= 45 years	Every year or talk to Urology Care
Osteoporosis screening (Low-dose chest CT)	Women age >= 50 years	Every 2 years
Lung cancer screening (Low-dose chest CT)	Adult age 50-80 who are current cigarette smokers with a 20 pack/year history and currently smoke or have quit within the past 15 years.	Every year
Aortic aneurysm screening (Abdominal aortic ultrasound)	Men age 65-75 Who have ever smoked	1-time screening
Cervical cancer screening (PAP Smear)	Women age 21-65 (PAP only)	Every 2 years
	Women age >= 65 years	As per Gynecologist

Embracing a Healthier Future Together

As we reflect on Health Camp of NJ's 25 years of service, let us reaffirm our commitment to our health. Prevention, through regular check-ups and timely screenings, empowers us to take control of our well-being. Here's to another 25 years of promoting health, preventing diseases, and fostering a community of well-informed individuals.

Congratulations, Health Camp of NJ, on your remarkable journey, and thank you for being a guiding light on path to a healthier tomorrow.

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