



Massachusetts Department of Developmental Services (DDS)

# Preventive Health Screening Recommendations

## A How To Guide for using DDS's Preventive Health Screening tools.

To get the most benefit from these tools, watch the four videos, read the Overview sheet, and complete the screening checklist that matches your age and sex.

These tools were designed to help self-advocates, staff, and family members understand screening recommendations and how to talk with their healthcare provider to get the best care.

## Let's Get Started



**Watch:**  
"What Are Preventative Health Screenings and Why are They Important to Me?"

To learn about Preventative Health Screenings and understand how they help you.



**Watch:**  
"How To Use the DDS Preventive Health Screening Checklists"

To learn how to use the checklists.



**Review the Overview sheet that matches your sex (male/female)**

This sheet lists health screenings and marks which are recommended for each age group.



**Choose and complete the screening checklist that is right for you.**

This is a detailed list of screenings by sex and age.



**Review the checklist with staff, family, or a trusted friend for support.**

To help with details such as dates or screening choices.



**Watch:**  
"Are Preventative Screenings Right For Me?"

To learn more about why someone would want to get a health screening.



**Watch:**  
"How to Advocate with Your Healthcare Provider for Preventive Screenings"

To learn how to speak up for what you need during your visit.



**Visit your healthcare provider for your annual checkup and bring the checklist.**

This checklist is for you to use at the appointment to guide the discussion.

Screening recommendations are organized by sex and age in an easy-to-use checklist.