



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.