



Helping You to Reach New Horizons in Health



Outer Banks
Health™

Hello,

Partnering with you to improve your health is our most important mission. The people we take care of – you, your family, your neighbors and your friends – deserve the best!

Use this booklet as a pathway to good health by tracking your health activities, important screenings, and immunizations.

Share it with your family to ensure everyone is getting the care they need to stay healthy.

As your lifelong partner in providing health services and education, we want you and your loved ones to live healthier, happier lives.

Together, we'll reach new horizons in health.



Ronnie Sloan, FACHE
President, Outer Banks Health

You have
the ability
to get
healthy
**and stay
healthy.**

Get Your COVID-19 Vaccine and Your Flu Vaccine

COVID-19 will be in our communities for a long time. It's important for you and your family members to get vaccinated so you can stay healthy.

The COVID-19 vaccines are proven to be highly effective and to dramatically reduce hospitalizations and deaths related to the virus.

Likewise, the best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season.

These are separate vaccines and important preventive tools that also reduce the risk of serious illness.



Get All Your Screenings and Immunizations on Track

It's time to put your health first and schedule important annual screenings and immunizations for you and your family members.

Use the screening and immunization tables on the following pages to help you plan what should be completed each year according to your age. We've included forms at the end of this booklet to help you track your blood pressure and your medications so that all this important health information is in one place.

We recommend that you keep this booklet handy and think of it as your pathway to good health.

Women's Schedules – Ages 18 to 21

Wellness Visits	Every year.
Screenings	Cervical cancer screening: First Pap test starting at age 21.
	HIV test: One time during adulthood (through age 64).
	Mammogram: Can self-refer screening at age 40.
	Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	HPV: Immunization recommended through age 26.

Women's Schedules – Ages 22 to 49

Wellness Visits	Every year.
Screenings	Cervical cancer screening with Pap test: Every three years through age 29. For women ages 30 to 65, screening every three years with cervical cytology alone, every five years with high-risk human papillomavirus (hrHPV) testing alone, or every five years with hrHPV testing in combination with cytology (cotesting).
	Chlamydia test: Every year for sexually active women through age 24.
	HIV test: One time during adulthood (through age 64).
	Mammogram: Can self-refer screening at age 40.
	Cholesterol check: Every five years beginning at age 40.
	Blood pressure check: Every visit.
	Hepatitis C test: One time during adulthood (through age 79).
	Colorectal cancer screening: Starting at age 45.
Immunizations	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.

Women's Schedules – Ages 50 to 64

Wellness Visits	Every year.
Screenings	Cholesterol check: Every five years.
	Blood pressure check: Every visit.
	Colon cancer screening: Discuss with provider to determine best method.
	HIV test: One time during adulthood (through age 64).
	Cervical cancer screening with HPV test: Every five years.
	Mammogram: Every two years. Discuss with provider.
Immunizations	Hepatitis C test: One time during adulthood (through age 79).
	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	Shingles vaccine: For age 50 and older (two-dose series).

Women's Schedules – Ages 65 and Older

Wellness Visits	Every year.
Screenings	Cholesterol check: Every five years (through age 75).
	Blood pressure check: Every visit.
	Vision and hearing checks: Every year.
	Colon cancer screening: Discuss with provider.
	Mammogram: Every two years. Discuss with provider.
	Bone density test: Recommended for women age 65 and older.
Immunizations	Hepatitis C test: One time during adulthood (through age 79).
	Tetanus-diphtheria: Every 10 years.
	Pneumococcal vaccine: Two different vaccines. One time for age 65 and older.
	Flu vaccine: Every year.
	Shingles vaccine: For ages 50 and older (two-dose series).

Men's Schedules – Ages 18 to 21

Wellness Visits	Every year.
Screenings	HIV test: One time during adulthood (through age 64).
	Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.
	HPV: Immunization recommended through age 26.

Men's Schedules – Ages 22 to 49

Wellness Visits	At least once every four years. After age 40, annually.
Screenings	Blood pressure check: Every visit.
	Cholesterol check: Every five years, beginning at age 40.
	HIV test: One time during adulthood (through age 64).
	Colorectal cancer screening: Starting at age 45.
	Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Tetanus-diphtheria: Every 10 years.
	Flu vaccine: Every year.

Men's Schedules – Ages 50 to 64

Wellness Visits	Every year.
Screenings	Blood pressure check: Every visit.
	Cholesterol check: Every five years.
	HIV test: One time during adulthood (through age 64).
	Colon cancer screening: Discuss with provider to determine the best method.
	Prostate cancer screening: Discuss with provider.

Men's Schedules – Ages 50 to 64

Screenings (Continued)	Abdominal aortic aneurysm (AAA) screening: One-time screening for men ages 55-64 who have a family history of AAA (parent, brother or sister).
Immunizations	Hepatitis C test: One time during adulthood (through age 79). Tetanus-diphtheria: Every 10 years. Flu vaccine: Every year. Shingles vaccine: For ages 50 and older (two-dose series).

Men's Schedules – Ages 65 and older

Wellness Visits	Every year.
Screenings	Blood pressure check: Every visit. Cholesterol check: Every five years (through age 75). Vision and hearing checks: Every year. Colon cancer screening: Discuss with provider. Prostate cancer screening: Discuss with provider. Abdominal aortic aneurysm (AAA) screening: One-time screening for men age 65 and older with any smoking history. Hepatitis C test: One time during adulthood (through age 79).
Immunizations	Tetanus-diphtheria: Every 10 years. Flu vaccine: Every year. Shingles vaccine: For age 50 and older (two-dose series). Pneumococcal vaccine: Two different vaccines. One time for age 65 and older.

Other Important Health Exams and Screenings

Dental Exam

Go to the dentist once or twice every year for an exam and cleaning. Your dentist will let you know if you need for more frequent visits.

Eye Exam

If you have vision problems, you should have your eyes examined. If you have diabetes, you should have your eyes examined every two years. Your provider may recommend more frequent eye exams if your exam was abnormal.

Hearing Test

Have your hearing tested if you have symptoms of hearing loss.

Infectious Disease Screening

The US Preventive Services Task Force recommends screening for hepatitis C. Depending on your lifestyle and medical history, you may need to be screened for infections such as syphilis, chlamydia, and HIV as well as other infections.

Lung Cancer Screening

You should have an annual screening for lung cancer if you are 50-77 AND you have a 20 pack-year smoking history AND you currently smoke or have quit within the past 15 years. Discuss with your provider.

Have You Had Your
Annual Lung-o-gram?



Outer Banks
Health™

OuterBanksHealth.org/LoveYourLungs





Get Connected to Your Health

Have you signed up for MyChart?

MyChart is ECU Health's free online patient portal and is a great way to stay informed about your health, connect with your physicians and nurses, and feel more confident in your health. There's even a mobile app so you can stay connected wherever you go.

- Schedule appointments and check in electronically
- Initiate e-visits for minor conditions
- Request prescription refills
- Communicate directly with your doctor's office
- View test results, immunization records and physician notes
- See health information, treatment plans and discharge instructions
- Receive alerts and reminders
- Pay bills
- Manage accounts for your children and other dependents

Sign up today at [ECUHealth.org/MyChart](https://www.ecuhealth.org/MyChart) or visit any Outer Banks Health physician office to receive your activation code. It's free and available for all Outer Banks Health patients.

Virtual Care Options

Can't wait until the doctor's office opens? Don't feel well enough to drive? Our virtual care options are convenient telephone or video appointments that do not require a physical exam. They're perfect for conditions that aren't serious but have the potential to derail your plans — like a cold, sinus infection, allergies and ear problems.

E-visits through your MyChart patient portal account

If you have been seen by an Outer Banks Health provider within the past 12 months and have a MyChart account, you can initiate an e-visit. An e-visit is a secure, inexpensive and convenient way to communicate with your provider about certain non-urgent conditions and receive a response within one business day. It costs \$15 per visit.

Simply log on to MyChart and select “e-visits” under the “Messaging” menu. You'll be asked to select a chief complaint, provider and pharmacy, as well as enter demographic information, allergies and medications. After you have answered questions about your symptoms, your e-visit request will be sent to your provider to review. For urgent needs, call your provider. See the list below for the types of conditions that can be addressed with an e-visit.

- Cough
- Sinus problems
- Urinary tract infection
- Conjunctivitis (pink eye)
- Back pain
- Diarrhea
- Headache
- Heartburn
- Vaginal discharge/irritation

ECU HealthNow, our 24/7 online doctor video visits

Can't wait until the doctor's office opens? Don't feel well enough to drive? ECU HealthNow is your go-to. It's perfect for conditions that aren't serious but have the potential to derail your plans — like a cold, sinus infection, allergies and ear problems.

ECU HealthNow lets you speak directly with a doctor 24/7 on any device that has internet access. It costs \$49, which is sometimes less than your office copay.

Visit [ECUHealthNow.org](https://www.ecuhealthnow.org) or call toll-free **888-575-2522**.

Top 10 conditions treated:

- Sinusitis
- Upper respiratory infection
- Bronchitis
- Urinary tract infection
- Sore throat
- Cough
- Strep throat
- Influenza (flu)
- Conjunctivitis (pink eye)
- Cystitis



Do you know about the Outer Banks Health Coach vehicle?



This 25' vehicle is one way that Outer Banks Health provides high-quality, compassionate care to the residents and visitors of Dare County and the surrounding region.

Throughout the year, this mobile clinic travels to locations across the Outer Banks to provide multiple free health screenings.

Health screenings offered on the Health Coach

- Wellness screenings that include blood pressure, heart rate, cholesterol and blood sugar checks as well as health coaching
- A1C screenings to measure a person's blood glucose level over the past three months
- Fecal immunochemical test (FIT) screens for colorectal cancer
- Blood pressure checks
- Skin checks
- Stroke risk assessments to help determine if an individual is at high risk for stroke
- Annual flu vaccines

Information about these free events is located on our website at OuterBanksHealth.org/health-wellness/classes-events/. Check back often for updates.

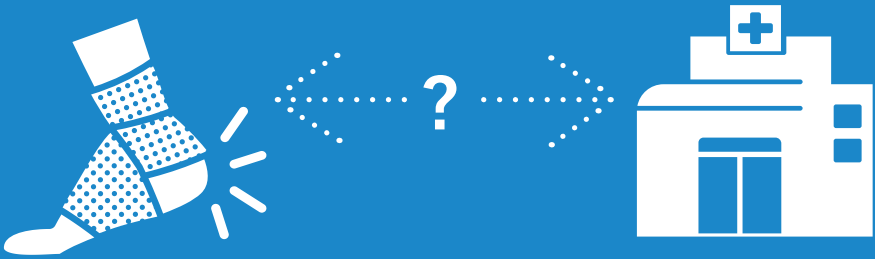
If your organization is interested in hosting the Health Coach at your location for team member wellness checks or at your community event, please call our Outreach office at 252-449-4529.

A special thank-you to the leadership of Outer Banks Health and to our Development Council, whose passionate commitment to our community made this vehicle a reality.

Come on out and follow us to good health!



Urgent care or emergency room?



Urgent Care

Minor injuries
& ailments

Emergency Room

Life-threatening
conditions

You're close to feeling better.

Knowing when to visit the emergency room and urgent care is important. To learn more, visit OuterBanksHealth.org/Where-to-Go-for-Care/.

When to visit urgent care

If you are experiencing an illness or injury that is not life-threatening but shouldn't wait for a scheduled appointment with your primary care provider, urgent care may be the answer. Visit one of our urgent care facilities below:

Outer Banks Health Urgent Care – Kitty Hawk

5112 N Croatan Hwy, Kitty Hawk, NC 27949
252-449-7474

Outer Banks Health Urgent Care – Nags Head

5002 S Croatan Hwy, Suite A, Nags Head, NC 27959
252-449-6115

Visit urgent care if you experience any of the following:

- Cough
- Diarrhea
- Fever
- Flu
- Minor burn
- Minor cut
- Stomach pain
- Skin rash
- Sprain or strain
- Vomiting
- Wheezing

When to visit the emergency room

The Outer Banks Health Hospital offers 24/7 emergency care. If you experience any of the following, seek emergency medical care at your closest emergency room or call 911:

- Broken bone
- Chest pain
- Drug/alcohol overdose
- Poisoning
- Seizure
- Serious burn
- Severe allergic reaction
- Stroke
- Sudden dizziness
- Trouble breathing

Create
healthy
habits.

**Let good
health
become a
priority in
your life.**

The Center for Healthy Living

The Center for Healthy Living specializes in helping you achieve your personal goals as they relate to your health and well-being. Think of the Center for Healthy Living as your wellness specialist to help with a lifestyle change or to provide support that will greatly improve your health or quality of life.

The Center can help you:

- Improve your nutritional habits
- Develop a safe exercise plan
- Quit smoking — for good
- Cope with stress and other emotional concerns
- Experience better sleep
- Modify your drinking habits
- Learn how to manage a newly diagnosed chronic disease such as COPD or diabetes
- Manage symptoms caused by cancer and/or chronic disease
- Focus on spirituality or on what brings you joy

In addition to weight management counseling and diabetes education and support, the Center for Healthy Living also offers programs to help you modify lifestyle choices, such as tobacco and alcohol use.

Tobacco Treatment Program

Our program is an evidence-based approach designed to help you reduce or quit your tobacco use. With behavioral interventions and nicotine replacement therapy, we will help you achieve a tobacco-free lifestyle. We will be with you on the journey to provide the support and encouragement you need to achieve your goals.

Grey Area Drinking Program

Grey area drinkers are people who frequently drink more than they want to be drinking but whose use does not meet criteria for an alcohol use disorder or require professional assistance with detoxification. Using the NOURISH Method™, our program meets clients where they are and provides tools and assistance with their goals, regardless of whether it is reducing use or stopping completely.

For more information or to make an appointment at the Center for Healthy Living, please call 252-449-5978.

Mental Health

Understanding depression

Everyone feels down at times. But an unhappy period that's intense or lasts for more than a few weeks is different. It can be a sign of depression. Depression is a serious illness. It's not a sign of weakness, and most people need treatment to get better. If you know someone who may be depressed, find out what you can do to help.

Know the symptoms of depression

- Feeling unhappy, sad, blue, down or miserable almost all day, almost every day
- Feeling helpless, hopeless or worthless
- Losing interest in activities that used to give pleasure
- Not sleeping well or sleeping too much
- Gaining or losing weight
- Feeling low on energy or always tired
- Having a hard time focusing or making decisions
- Losing interest in sex
- Having physical symptoms such as stomachaches, headaches or back aches

Know the serious signs of depression

Never ignore a person's comments about suicide or about behaviors that can lead to self-harm. Warning signs for suicide include:

- Threats or talk of suicide; talk of harming themselves or others
- Saying things such as "I won't be a problem much longer" or "Nothing matters"
- Giving away their things, or making a will or funeral plans.
- Buying a gun or other weapon.
- Stockpiling medicine
- Sudden, unexplained cheerfulness or calm after a period of depression.

If you see any of these signs, get help right away. Call a healthcare provider, mental health clinic or suicide hotline. Ask what you should do. In an emergency, call or text 988. You will be connected to trained crisis counselors at the National Suicide Prevention Lifeline. An online chat option is available at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org). Lifeline is free and available 24/7. You can also call Lifeline at 800-273-TALK (800-273-8255).

Advance Care Planning

You have the power to make your own decisions about your future healthcare, including end of life care, now. Advance care planning is a process that helps you decide what care you want or don't want if you are faced with a health crisis and are unable to communicate for yourself.

The best time to plan ahead is when you are well and not in a health crisis. If your choices for future healthcare are known, they can be respected.

Having a conversation with your healthcare provider(s) is a great place to start. Discuss your thoughts with your family, friends or those closest to you. These choices should be talked about with the people who would most likely be involved in making decisions on your behalf.

Advance directives may include any or all of these items:

- Health Care Power of Attorney – must be signed, witnessed and notarized
- Living Will – must be signed, witnessed and notarized
- Medical Orders for the Scope of Treatment (**MOST**) – a doctor's order, signed by you and your doctor, kept with you at all times
- Do Not Resuscitate Order (**DNR**) – a doctor's order, signed by you and your doctor, kept with you at all times
- Advance Instructions for Mental Health Treatment – must be signed in front of two witnesses and a notary

Our partner, ECU Health, has an easy-to-use form that combines the Health Care Power of Attorney and Living Will. See your doctor for the MOST and DNR forms.

- Download an Advanced Care Planning (ACP) Toolkit at [ECUHealth.org/AdvanceCare](https://www.ecuhealth.org/advancecare) and get started
- Contact the ACP team about uploading your completed ACP document at AdvanceCare@ECUHealth.org

For additional information, please email our Advance Care Planning Coordinator at AdvanceCare@ECUHealth.org.

Understanding Your Blood Pressure

Systolic: Maximum pressure in blood vessels when heart beats

Diastolic: Minimum pressure in blood vessels when heart relaxes between beats

Hypertension: High blood pressure

Classification of Blood Pressure (BP)			
Category	SBP mmHg		DBP mmHg
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-90
Hypertension, Stage 1	140-159	or	90-99
Hypertension, Stage 2	greater than or equal to 160	or	greater than or equal to 100

Key: SBP = systolic blood pressure DBP = diastolic blood pressure

Managing your high blood pressure

- Take your medication as directed by your doctor. Use the charts on pages 22-23 of this book to keep track of your medications.
- Watch your diet carefully.
- Cut down on salt.
- Stop or cut down on smoking.
- Take it easy when you can — avoid stress.
- Limit your alcohol intake.
- Exercise regularly.
- Keep track of your blood pressure readings with the charts on page 21 of this book.
- Follow the advice of your doctor.

Medication List

List prescriptions, over-the-counter medicines, vitamins and dietary supplements that you routinely take.

Name of Medication	When do you take it?	How taken? (Pill, liquid, etc.)	What is the medication for?	Who prescribed the medication?

My Health Checklist

COVID-19 Vaccination

Annual Wellness Visit

My Screenings

My Immunizations

My Medication List

I have signed up for MyChart

My Advance Care Planning

We want you and your loved ones to live healthier, happier lives.

**Thank you for choosing Outer Banks Health
as your healthcare partner.**



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[OuterBanksHealth.org](https://www.OuterBanksHealth.org)