

# Screening Tests

## 1. What are screening tests?

Screening tests look for diseases and other health conditions before you have symptoms. These tests help to find a disease or condition early, when it's easier to treat.

Screening tests also have risks. It's important to know which tests you need and how often you need them. Examples of screening tests are diabetes, high blood pressure, osteoporosis, breast and colon cancer.



## 2. What screening tests do I need?

Not everyone needs every screening test. The tests recommended for you depends on the disease and other factors. Other factors can include age, gender, race/ethnicity, family history, and behaviors such as smoking or sexual activity.

- Talk to your doctor about which tests are right for you. Ask the age you should start getting screened for each disease and the age you can stop.
- Beware of companies selling screening tests through newspaper ads, flyers or the internet. Some of these tests can waste your money. Sometimes they can also lead to harm. Talk to your doctor before getting these tests.

### Key Points

- Talk to your doctor about screening tests you might need
- Many screening tests are covered by insurance.

## 3. Where do I start?

Start by visiting [www.healthfinder.gov](http://www.healthfinder.gov) to find out which tests might be right for you. You can also print off the information to share with your doctor.

### For More Information

Health Care Consumer Protection

[Publichealth.lacounty.gov/hccp](http://Publichealth.lacounty.gov/hccp)

## 4. Are screening tests free?

Often, they are. If you have health insurance, most screening tests are free. Check with your insurance.

## 5. If I don't have a doctor or insurance, how can I get the screening tests that I need?

2-1-1 Los Angeles County is a free resource that can help you find free or low-cost health services and insurance. Hotline operators speak seven languages. For more information call 2-1-1 or visit the website [211la.org/health-care](http://211la.org/health-care).

If you are undocumented and don't think you can get or afford health care, find out about [My Health LA](#), a free insurance program for individuals and families who cannot get health insurance.