

Healthy Life Course: A Menu of Interventions

Vaccination/PLUS

Preconception Period

Health Education	✓ Counseling and health education and materials to promote family planning ✓ Family planning methods ○ Double protection ○ Pregnancy prevention ○ STI/HIV ○ Oral contraceptives ○ Condoms ○ Injectables ○ Other (IUDs- tubal ligation) ✓ Counseling for the prevention of intrafamily violence ✓ Nutritional counseling ✓ Counseling for prevention of chronic diseases: hypertension, diabetes ✓ Preconception counseling ✓ Education on prevention of tobacco, alcohol, and drug use
Drugs and supplements	✓ HIV/STI test ✓ Iron, iodine, folic acid, and multivitamin supplementation ✓ Diagnosis/treatment of chronic diseases ✓ Anthelmintic drug
Other	✓ Referral for Pap test and breast cancer screening ✓ Oral health

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Pregnancy/Puerperium

Health Education	✓ Information and counseling on self-care, nutrition, exclusive breastfeeding, and the harmful effects of alcohol, tobacco, and drug use ✓ Preparation for childbirth and warning signs ✓ Screening for violence ✓ Addiction screening
Drugs and supplements	✓ Vitamin A until 30 days postpartum ✓ Iron, folic acid, and multivitamin supplementation ✓ Delivery of food supplements to women with Body Mass Index of < 18.5
Other	✓ Monitoring of fetal growth (weight gain–ultrasound) ✓ Nutritional screening and referral ✓ Anemia screening ✓ Hypertension screening ✓ Gestational diabetes screening ✓ Screening for HIV, syphilis, and other communicable diseases ✓ Screening for urinary tract infection ✓ Determination of blood group, Rh factor ✓ Coupons for free prenatal care ✓ Reduction of smoke exposure in the home

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Children's Health

Health Education	✓ Counseling on exclusive breastfeeding and complementary feeding ✓ Education on thermal care, neonatal care, hygiene, preventing environmental pollution, psychomotor stimulation ✓ Accident prevention ✓ Key family practices
Drugs and supplements	✓ Vitamin A supplementation < 4 years ✓ Vitamin C supplementation ✓ Iron supplementation ✓ Micronutrient powders supplement (if they do not receive vitamins in another form) ✓ Anthelmintic < 5 years ✓ Oral rehydration salts (ORS) and zinc supplementation during treatment for diarrhea
Other	✓ Registration of the birth in the civil registry ✓ Determination of HIV status ✓ Vision screening ✓ Growth monitoring and nutritional screening and referral ✓ DMF oral health examination, and referral

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Schoolchildren

Health Education	✓ Counseling on nutrition and physical activity ✓ Education on preventing tobacco, alcohol, and drug use ✓ Accident prevention
Drugs and supplements	✓ Anthelmintic drugs ✓ Vitamin A ✓ Iron supplementation ✓ Vitamins and minerals
Other	✓ Vision and hearing screening ✓ Nutritional screening ✓ DMF oral health examination and referral

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Adolescents

Health Education	✓ Counseling and education on STI (including HPV), HIV, pregnancy prevention ✓ Counseling on nutrition and physical activity ✓ Education on preventing tobacco, alcohol, and drug use ✓ Accident prevention
Drugs and supplements	✓ Anthelmintic ✓ Vitamin A ✓ Iron and folic acid supplementation ✓ Vitamins
Other	✓ Vision and hearing screening ✓ Hypertension and diabetes screening ✓ Nutritional and physical activity screening ✓ DMF oral health examination and referral ✓ Coupons for free sexual and reproductive health care ✓ Facilitation of free access to condoms

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People over 65

Health Education	✓ Information and counseling on chronic disease prevention ✓ Counseling on foot care ✓ Counseling on nutrition and physical activity ✓ Information on recreational activities ✓ Counseling on tobacco, alcohol, and drug use
Drugs and supplements	✓ Blood glucose test
Other	✓ Evaluation of physical functions ✓ Hypertension screening ✓ Nutritional screening and referral ✓ Diabetes screening