

Have you had your annual physical exam yet?

All adults should visit their healthcare provider from time to time, even if they are healthy. Annual preventive exams help to:

- Screen for diseases
- Assess health risks
- Encourage a healthy lifestyle
- Keep vaccinations current
- Develop a relationship with your doctor in case you get sick

Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems such as high blood pressure, high blood sugar, and high cholesterol. These conditions often don't produce any symptoms in their initial stages, but a preventive exam may detect potential problems.

Preventive exams include:

- Blood pressure screening
- Cholesterol screening
- Dental exam
- Eye exam
- Immunizations

Additional screenings vary by age and gender, and general guidelines are:

Age 18-39

- Men: Testicular self-exam
- Women: Breast self-exam, pelvic exam and Pap smear

Age 40-65

- Colon cancer screening
- Osteoporosis screening
- Men: Testicular self-exam, prostate exam
- Women: Breast self-exam, mammograms, pelvic exam and Pap smear

Age 65 and Older

- Abdominal aortic aneurysm screening
- Colon cancer screening
- Hearing test
- Osteoporosis screening for women and all men over 70
- Men: Prostate exam
- Women: Breast self-exam, mammograms, pelvic exam and Pap smear

Before visiting your doctor, write down important facts and dates about your medical history, as well as those of family members. Your doctor should have a list of your medications with their doses, or you can bring the actual bottles of medicine along, including any over-the-counter drugs or supplements. If there are specific concerns about anything, writing them down is a good idea. Once the screening or examination has been completed, you and the examiner should review what tests may have been ordered and how you will receive the results. Your doctor should discuss any recommendations for treatment and follow-up visits. Special instructions should be put in writing. This is also an opportunity for you to ask any questions about your health concerns.

Source: National Institutes of Health



Do you know your **Blood Pressure** and **Cholesterol** numbers?
Cultivate Total Health and "**Know Your Numbers**"
Be sure to visit your healthcare professionals for an annual physical exam.

Did you know? An Annual Wellness visit and Physicals are covered 100% for in network doctors and 70% covered for out of network.