

IS IT TIME FOR A HEALTH CHECK-UP?



In recent years, there has been debate over whether getting a yearly physical is necessary. Use your best judgment to determine when and how often you should go in for a physical exam. If you have even a slight concern, schedule an appointment with your doctor.

Whether you have a small issue or a bigger concern, the sooner you investigate it, the better off you will be.

COMMON CHECK-UP TESTS



You can always opt out of these tests if they make you uncomfortable



Most insurance plans cover annual physicals at NO COST

Check your insurance coverage or call your Apta Health Care Coordinators to find out what is covered under your plan.



HOW OFTEN SHOULD YOU GO?

Age	When to go
20 - 30's	Every few years
40+	Annually

This all depends on your individual needs and specific health conditions



HEALTH CONCERNS

- 1 PAIN
- 2 FATIGUE
- 3 DIET
- 4 PRESCRIPTIONS
- 5 OTHER HEALTH RELATED ISSUES



An annual physical exam is a great opportunity to ask your doctor about any health concerns or issues you may have



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