IS IT TIME FOR A HEALTH CHECK-UP?

COMMON CHECK-UP TESTS

- WEIGHT
- HEIGHT
- CHOLESTEROL
- HEART RATE
- BLOOD PRESSURE
- VITAL SIGNS

HOW OFTEN SHOULD YOU GO?

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

HEALTH CONCERNS

1. PAIN
2. FATIGUE
3. DIET
4. PRESCRIPTIONS
5. OTHER HEALTH RELATED ISSUESS

Scan here to view a video about Health Check-up information

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MORE INFORMATION

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.

Most Insurance plans cover annual physicals at NO COST. Check your insurance coverage to find out what is covered under your particular plan.

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