

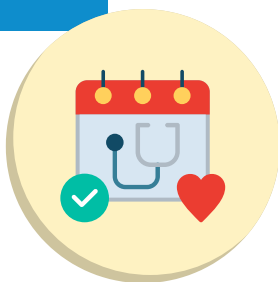


# ANNUAL WELLNESS CHECKUPS

Staying on top of your health starts with a simple step: your annual wellness checkup. Your annual wellness checkup is a simple way to protect your health. It's a chance to connect with your healthcare provider, catch problems early, and stay on track with your health goals.

## CHECKUP FACTS

- All children and adults should get a wellness checkup every year.
- Even if you feel healthy, your annual wellness checkup is an important step to help prevent health issues or catch them early.
- Medicare and most insurance plans cover one free Annual Wellness Visit per year.
- If you don't have health insurance, look for local opportunities to receive free or low-cost care:
  - Visit [findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov)
  - Contact your public health department
  - Call 2-1-1 or visit 211.org



## WHAT TO EXPECT

- Health history and vital signs (blood pressure, weight, etc.)
- Lifestyle, mental health, and risk assessments
- Immunizations and screenings based on your age, gender, and risk factors (see page 2)
- Most annual wellness visits take about 30 to 60 minutes, but plan for a little extra time in case your provider needs to discuss screenings or follow-up care.

## PREPARE FOR YOUR VISIT

- Bring a list of your current medications and supplements.
- Know your family health history, especially related to heart disease, cancer, or diabetes.
- Bring your insurance card and photo ID.
- Consider bringing a friend or family member for support.
- Write down any symptoms or changes in your health, even small ones.
- Come ready with questions, and don't be afraid to **ask as many as you'd like!**

## EXAMPLE QUESTIONS TO ASK YOUR DOCTOR

- What screenings and vaccines am I due for?
- What is this test for, and why do I need it?
- Should I make any lifestyle changes?
- What do these test results mean?
- Are there any alternatives to the treatment you've suggested?
- What are the potential side effects of this medication?
- Which hospital or specialist would you recommend if I need follow-up care?
- Have you heard of Walk with a Doc? 😊



## U.S. PREVENTIVE HEALTH SCREENINGS AND VACCINES, BY AGE

