



# When was your last checkup?



## Regular well checks can help you get and stay healthy.

You want to understand how your body changes, as you get older. That's what preventive exams do for you. They give you and your doctor a snapshot of your health. And they give you a chance to talk to your doctor and see if you need to make any changes. They also keep your doctor updated about your health. That way you can get better care if problems come up later.<sup>1</sup>

## What to expect

Most preventive exams start with a talk about your health history and any problems. After that, most doctors will talk to you about things like:<sup>2</sup>

- Medicines you take
- How you eat — and how you could eat better
- How active you are — and whether you should be more active
- Stress in your life or signs of depression
- Drinking, smoking and drug use
- Safety measures like wearing your seat belt and using sunscreen
- Your sexual habits and any risks they pose
- Tests and vaccines you may need

## Get more from your exam. Before your visit, write down:

- Your health history and your family's, especially if anything has changed since your last visit
- Any medicines you take, how much you take, and how often (include vitamins and over-the-counter drugs)
- Concerns you have about your health
- Any symptoms you're having



#### Sources

<sup>1</sup> Centers for Disease Control and Prevention website: Regular Check-Ups are Important (accessed February 2015): [cdc.gov/family/checkup/](http://cdc.gov/family/checkup/)

<sup>2</sup> Centers for Disease Control and Prevention website: Check-Up Checklist: Things to Do Before Your Next Check-Up (accessed February 2015): [cdc.gov/family/checkuplist/](http://cdc.gov/family/checkuplist/)

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