



When was your last checkup?



Regular well checks can help you get and stay healthy

Checkups, or preventive exams, give you and your doctor a snapshot of your health. They also give you a chance to talk to your doctor about any problems or questions you have.

What to expect

Most checkups start with a talk about your health history and any problems. After that, most doctors will talk to you about things like:¹

- 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, like wearing your seat belt and using sunscreen
- Your sexual habits and any risks they pose
- Tests and vaccines you may need



Need a doctor?

Go to [anthem.com/ca](https://www.anthem.com/ca) and use our **Find a Doctor** tool.