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Put Your Health First by Scheduling Your Annual

Share the Wellness Tip

The first step to improving your health can be setting up your annual checkup. Seeing your doctor each year may head off problems down the road.

At your checkup, here's what you will want to discuss with your doctor:

- Family health history
- Questions you may have about your health
- Important numbers, such as weight, cholesterol levels, blood sugar and blood pressure
- Your diet, physical activity, stress factors, and tobacco and alcohol use
- Prescription and over-the counter drugs you're taking
- Special life-stage screenings or vaccinations, such as during pregnancy and after age 50

Sources: American Academy of Family Physicians, Center for Disease Control and Prevention

