



Health and Wellness Tip of the Week Week 1 – January 1, 2019



BlueCross BlueShield
of Texas

Take wellness to **heart**

How to Prep for your Next Health Exam

Going to your yearly health exam is one of the best times to talk to your doctor about all that is on your mind. It's a good idea to prepare for your visit. Here are a few things you can do to make the most of your yearly exam.

- Review your family history. Are there any health issues that run in your family?
- Find out if you need any screenings based on your age, health, family history and lifestyle.
- Write down any issues you have noticed or questions you may have. This will help you remember each thing you need to ask your doctor.
- Be sure to ask about any changes you plan to make soon such as new health-related treatments, a job change or weight loss.

Source: Centers for Disease Control and Prevention

City of Mission

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

Our mission is to promote health
awareness and encourage healthy
lifestyles.

www.missiontexas.us

