

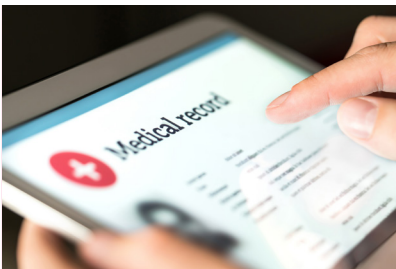


How to prepare for your annual check-up.

It just takes a bit of prep.

Whether you're in great health or working on it, your annual check-up is one of the most important appointments of the year. This is your scheduled, one-on-one time with your healthcare provider to discuss any concerns, get preventive care and screenings, and set health goals for the year. Preparation is key to make sure you get the most out of your time.

Here are five ways you can prepare like a pro.



1. Gather your medical history.

Jot down ahead of time any personal and family health issues such as cancers or diseases as well as age and date of diagnosis.



2. Carry a medication list.

Bring a list of the medications and dosages you currently take. This includes vitamins, herbs and other supplements.



3. Bring your notes.

Don't rely on memory alone. Write down any questions you have beforehand. Recording key information such as diet changes, sleep habits or other health concerns can be helpful.

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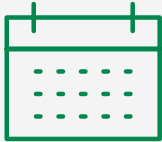
4. Invite a buddy.

If permitted, ask a friend or family member to support you at your appointment if needed. Sometimes having an extra set of eyes and ears can help clarify and reinforce any next steps.



5. Ask about tests.

Ask about scheduling preventive screenings such as colon cancer screenings or mammograms.



Finally, after your appointment, make sure to schedule your next one. Aim to go around the same time of year. Put the appointment in your calendar and then set a reminder.



This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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