# **Check-up** checklist

## Start the year out on a healthy note and schedule those annual visits

For many of us, January and February are the slowest months of the year, with fewer holidays and activities vying for our time. So why not use the lull to check those annual check-ups off your list – or at least get them on your calendar? We've compiled a handy checklist of appointments you may need to make this year. And remember: Check-ups, especially with specialists, often need to be scheduled months in advance. So start booking those appointments now.

### 3 THINGS TO DO BEFORE YOUR NEXT CHECK-UP

- [ ] Review and update your family health history.
- [ ] Find out if you're due for any fasting bloodwork, screenings or vaccinations.
- [ ] Jot down a list of questions you want to ask during your appointment.



### MEN

- [ ] Testicular exam
- [ ] Prostate check



### WOMEN

- [ ] Breast exam
- [ ] Pap smear
- [ ] Mammogram



### CHILDREN

- [ ] Wellness exam, including vision screening
- [ ] Age-appropriate immunizations
- [ ] Flu shot (if you're 6 months or older)
- [ ] Dental cleaning (every 6 months starting by first birthday)



### ALL ADULTS

- [ ] Wellness exam
- [ ] Dental cleaning (every 6 months)
- [ ] Eye exam
- [ ] Flu shot (It's not too late to protect yourself this flu season!)
- [ ] Age-appropriate immunizations
- [ ] Age-related screenings (cholesterol, diabetes, colorectal cancer, etc.)
- [ ] Annual visits with specialists and immunizations for chronic conditions

Recommendations for screenings and immunizations vary by age, gender and whether you have any chronic conditions.

- Recommendations for adults
- Recommendations for women
- Recommendations for men