

THE IMPORTANCE OF ANNUAL WELLNESS VISITS

for the whole family - at any stage of life

Why are annual wellness visits important?

Annual wellness visits are a proactive, preventative approach to determining your current health status and identifying any health issues you may be at risk for now or in the future. Usually performed by your primary care physician, annual wellness visits are recommended even if you are feeling well and don't have any symptoms. Without regular check-ins with your doctor, silent health issues may go unchecked for years until they become more serious. Annual wellness visits also help you open the lines of communication with your doctor and strengthen your relationship.



What to expect during an annual wellness visit

Doctors may check a variety of health indicators during your annual wellness visit. Tests or exams performed will depend on your age and individual health needs.

General

- Blood pressure
- Heart rate
- Lung function
- Cholesterol
- Blood glucose level
- Body mass index
- Head/neck function

For men

Depending on age, a discussion about prostate & colon cancer screenings

For Women

Depending on age:


- Pap Smear &/or HPV Test
- DEXA Scan
- Discussion on colon cancer screening

Additionally, they may review your medications and immunizations and update your records with any new information regarding medication changes, allergies, mental health, family history, and lifestyle changes. They may also recommend routine cancer screenings to detect cancer in the earliest stages when it's most treatable.

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“Remember, the best medicine is preventative medicine.”

Does my teen or young adult need an annual wellness visit?

Yes. Annual wellness visits are highly recommended for everyone, regardless of age. They can help children avoid negative health surprises as they age and address health conditions early on when they are more manageable. Medical history and family history are also important factors to consider, as many conditions are hereditary. Does your family have a history of cancer or high blood pressure? Many young people are required to get annual wellness visits for sports or school, so be sure to know what your child is due for.

Some tests that young adults should consider taking often include:

- Blood pressure test
- Cholesterol test
- HIV test
- Skin Cancer test
- The A1C test for Type Two Diabetes
- Pap smear
- Gonorrhea and chlamydia tests



How can I prepare for my annual wellness exam?

Proper preparation ahead of time can help you feel at ease when you visit with your doctor. Here are some recommended ways you can prepare for your wellness visit:

- Bring a list of the current medications you take including prescriptions, over-the-counter medications, and supplements
- Bring relevant results from recent tests or screenings
- Bring a copy of your medical and surgical history
- If you have an implanted device such as a defibrillator or a pacemaker, bring a copy of the front and back of your device card
- Bring a list of any questions you want to ask your doctor
- Wear comfortable clothes and avoid excess jewelry, makeup, or other things that may prevent your provider from fully examining your body
- Bring a list of vaccinations you have received
- Make a list of any symptoms or pain you may be experiencing

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