



Health Screenings

Success begins with a plan. We've provided a template to help you keep track of your family's health screenings throughout the year.

For each family member, note which screenings are due during each month. Then reference this planner throughout the year to ensure your screenings are on-track.

HEALTH SCREENINGS TIP:

Stress can impact blood pressure, so try not to schedule a screening appointment after a stressful event.

Name:

Date:

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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