



# Health Screening Checklist

In addition to being active, eating nutritious foods, and avoiding tobacco, getting your recommended health screenings is an important part of your physical well-being. Your doctor can find diseases and health conditions early, when your opportunities for treatment are better, and in some cases can help prevent serious health conditions from developing.

The following checklist can help you get the most from your (or your child's) next health screening visit.

## Preparing for your health screening

- Follow your doctor's instructions:** remember to follow any special instructions provided by your doctor, such as fasting for a blood test.
- Gather documents on your medical history:** Be prepared to answer any questions about your current health status, medications you're taking, your diet and exercise habits, your medical history and your family's medical history.
- Write down your questions:** Write down and bring any questions you have about your or your family's health (current or medical history), screenings or vaccinations you (or your child) should receive, health symptoms you are experiencing, etc.

## During your health screening

- Expect that your doctor will:**
  - *Ask questions* about your health and lifestyle
  - *Check vital signs* — blood pressure, heart and respiratory rate, weight and possibly body mass index.
  - *Conduct a visual exam* of your skin, neck, throat, abdomen, etc.
  - *Recommend screenings* for certain types of cancer, diabetes, hepatitis C and other diseases (depending on your age, health history and current health status). There are also certain screenings that are specific to women, men and children.
- Take notes:** Write down any questions, important information you need to remember and follow-up steps your doctor gives you.

## After your health screening

- Take action on follow-up visits/ screenings/tests:** Schedule any follow-up visits, tests or additional screenings recommended by your doctor and put them on your calendar.
- Call your doctor:** If you have any questions or concerns about what to do next — about follow-up tests, treatment plans or medications — call or email your doctor. Don't be afraid to speak up and get the answers you need!