



# CHECKUPS CAN HELP KEEP YOU HEALTHY

Regular checkups help keep you and your family healthy and well. Checkups can help catch health problems before they become serious. Checkups can include a number of screenings, vaccines and other care. And there is little or no cost for checkups if you're enrolled in your state's Medicaid or Children's Health Insurance Program (CHIP).

## WHAT HAPPENS DURING A CHECKUP?

A checkup, or wellness visit, includes talking with your doctor about your health and family history, a physical exam, any vaccines or tests you may need, and steps you can take to keep yourself healthy.

## HOW DO I SCHEDULE A CHECKUP?

Just call your doctor or local health clinic to schedule yearly appointments for you and your family. If you do not have a doctor, contact your health plan.

## HOW DO I PREPARE?

### 1) Think about you and your family's health.

Consider health problems such as heart disease or cancer that you, your parents, brothers or sisters may have so you can tell your doctor.

2) Bring a list of your current prescriptions and include the dosage or amount of medicine that you take, which is on the label. If you know what vaccines or screenings you have had recently, bring a list of those too. If you don't know, that's OK. Your doctor can help you form a plan.

3) Write down any questions you might have about your current health, diet or exercise.