

We Challenge You...

Go to the doctor. Know your numbers.

When it comes to your health, you are your own best advocate. Getting regular checkups is a valuable tool in maintaining good health and keeping track of your results will benefit both you and your doctor by providing a snapshot of your health history. Make it a habit to check your scorecard at the beginning of each year and to regularly schedule preventive health care appointments.

As with all medical care, always discuss with your doctor what frequency is best for you and check to see what your insurance will cover.

MEN & WOMEN

| Text/Exam | When Needed | Date Completed | Results | Challenge Yourself |
|--|---|----------------|---------|---|
| Body Mass Index (BMI)/waist check (for Obesity) | As advised by your Primary Care Physician (PCP) | | | Take the stairs. A little exercise goes a long way. |
| Cholesterol | Fasting blood test every 5 years starting at age 20 | | | Get (the right) fat. Look for monounsaturated fats. |
| Blood Pressure | Check annually | | | Skip the salt. Look for low-sodium options at the grocery store. |
| Colorectal Cancer | Starting at age 50 or as advised by your PCP | | | Check out your family history. |
| Diabetes | As advised by your PCP | | | Eat more often. Six smaller meals a day can help maintain a healthy blood sugar level. |
| Depression | As advised by your PCP | | | Get sleep. Aim to sleep between 7.5-9 hours a night. |
| Eye Exam | Annually if vision is corrected; otherwise, as advised by your eye doctor | | | Protect your eyes. Wear sunglasses to avoid damaging UV rays. |
| Dental Exam | Annually or twice annually as advised by your dentist | | | Bring your brush. Brush after lunch and aim for at least 3 times per day. |
| Hearing Exam | As advised by your PCP | | | Plug your ears. Don't be embarrassed to use ear plugs in noisy places. |
| Skin Cancer | As advised by your PCP | | | Watch those moles. Get any "odd" ones checked out. |

WOMEN

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| Breast Cancer | Starting at age 40 or as advised by your PCP | | | Check monthly. Conduct a self breast exam on the 1st of each month. |
| Osteoporosis | Starting at age 60 or as advised by your PCP | | | Drink milk. Make sure you get the right amount of calcium per day. |
| Cervical Cancer | Starting at age 21 or as advised by your PCP | | | Be informed. Ask your doctor about routine tests and whether you are at risk. |

MEN

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| Prostate Cancer | Starting at age 40 or as advised by your PCP | | | Know your family medical history. Check with your doctor if you think you have an increased risk. |
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