



# Schedule Your Well-Check Visit

**A well-check visit, also called an annual physical or check-up, is a preventive measure and a time to talk with your healthcare provider about any questions or concerns you may have.**

According to the Journal of Family Practice, annual physical exams reduce the risk of missed diagnoses. A well-check can sometimes detect problems before they become serious. The purpose of these visits is to screen for diseases, assess risk of future medical problems, encourage a healthy lifestyle, update vaccinations and maintain a relationship with your doctor in case of a future illness or health concern.

Make the most of these visits by writing down and bringing with you important questions and concerns that you'd like to discuss. Also, be prepared for your doctor to ask you about important behaviors, like smoking, alcohol use, diet and exercise.

**To make the most of your next check-up, here are some things to do before you go:**

- **Review your family medical history.**
- **Find out if you are due for any general screenings or vaccinations.**
- **Write down a list of issues and questions to take with you.**
  - Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history. Not sharing information with your healthcare team can be harmful!
  - Describe any allergies to drugs, foods, pollen or other things. Don't forget to mention if you are being treated by other doctors, including mental health professionals.
  - Don't be afraid to talk about sensitive topics. Your doctor or nurse has probably heard it before! Be sure to talk about all your concerns before you leave. If you don't understand the answers your care team gives you, tell them you don't understand and ask again.
  - Ask questions about any tests and your test results. Get instructions on what you need to do to get ready for the test(s), if there are any dangers or side effects, and how/when you will get the test results.

