

CHECKLIST FOR THE NEW YEAR



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Preventive care prevents long-term health complications. Its purpose is to help you stay as healthy as possible so that you can enjoy your years with freedom and quality of life. There are specific tests for women and men depending on age and diagnoses.

Check the following list for the main preventive tests and examinations and identify if you have any pending. If you have questions, consult your primary doctor to identify recommended tests, examinations, and vaccines based on your age, gender, family history, and current health status.

WOMAN

- Physical exam
- Recommended vaccines
- Blood pressure measurements
- Oral examination
- Teeth cleaning
- Mammography
- Papanicolaou (PAP)
- Fetal occult blood test
- Colonoscopy

MAN

- Physical exam
- Recommended vaccines
- Blood pressure measurements
- Oral examination
- Teeth cleaning
- PSA (prostate specific antigen blood test)
- Rectal exam
- Fetal occult blood test
- Colonoscopy

Sometimes preventive care can prevent health problems from developing altogether. Start the year taking care of yourself; give yourself health for yourself and yours. May your first resolution in the year ahead be dedicated to your health. Go ahead, call your doctor, and schedule your preventive care appointment today.