



Regular Check-Ups are Important

Why are Check-Ups Important?

Having a regular health exam or check-up may help to detect a problem before it starts. Early detection and intervention increase your chances of living a long, healthy life. There are a number of factors that impact your health care needs including your family history, age, and lifestyle choices (i.e. level of physical activity, smoking, stress level, etc.). Check-ups are an opportunity to work with your health professional to develop a strategy that addresses your current health issues and prevents future health problems.

Where Can I Go for Health Services?

Your regular health care provider is the best place to go for your health care services. If you do not have one, the link below provides other options.

Detroit Wayne Integrated Health Network (DWIHN)

www.dwihn.com

What Health Services and Screenings are Recommended?

- Breast and Cervical Cancer Early Detection
- Cholesterol
- Colorectal Cancer Screening
- High Blood Pressure
- Immunization Schedules
- Oral Health for Adults
- Prostate Cancer Screening
- Skin Cancer: Basic Information
- HIV/AIDS
- Viral Hepatitis



How Can I Prepare for My Appointment?

Write down all of your medical problems, and also the names and the dosages of the medications you're taking.

Source: Centers for Disease Control and Prevention. (2015). Regular Check-Ups are Important.

<https://www.cdc.gov/family/checkup/>