

# ROUTINE MEDICAL CHECKUPS

## *Ensuring Health Through Preventive Care*

	YES	NO
1 Do you have an annual physical exam scheduled with your healthcare provider?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you regularly check your blood pressure and cholesterol levels?	<input type="checkbox"/>	<input type="checkbox"/>
3 Are you up-to-date with your vaccinations, including seasonal flu shots?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you have regular screenings for conditions prevalent in your age group (e.g., colonoscopy, mammogram)?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you discuss your diet and exercise routines with your healthcare provider during visits?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you have screenings for vision and hearing according to recommended guidelines?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you follow up on any unusual symptoms or issues with your doctor promptly?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you maintain a record of your medical history and share it with your healthcare provider?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you review and manage your medications with your doctor during checkups?	<input type="checkbox"/>	<input type="checkbox"/>
10 Have you established a plan with your doctor for managing any chronic conditions?	<input type="checkbox"/>	<input type="checkbox"/>

## QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR  
RETIREMENT READINESS

### What Your Answers Might Mean:



**7–10 Yes Answers:** Proactive Health Management. You are actively engaged in maintaining your health through regular checkups and preventive measures, ensuring long-term wellness.



**4–6 Yes Answers:** Partially Prepared. You are taking steps to manage your health, but there are areas that need more attention to ensure comprehensive preventive care.



**0–3 Yes Answers:** Immediate Attention Needed. It's crucial to prioritize routine checkups and preventive care to safeguard your health and avoid potential future complications.