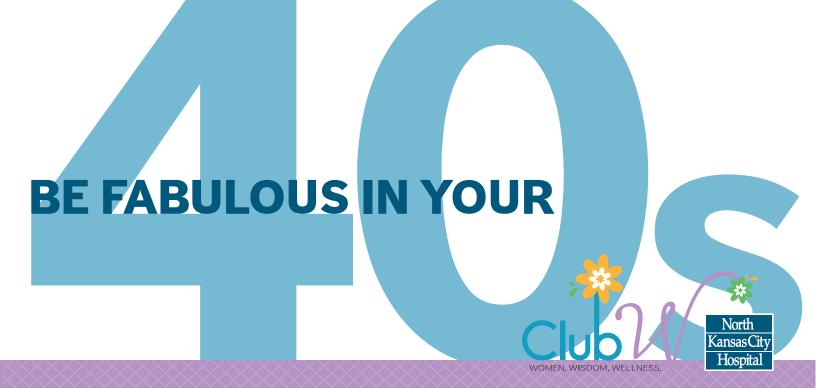
Live Healthy



Preventive Health Guidelines ... now and for a lifetime.

General Health

- \square Get an annual checkup.
 - Blood glucose or A1C test, if at risk for diabetes
 - Blood pressure test
 - Cholesterol panel
 - Hepatitis C (HCV) screening (one time only; if born between 1945-1965)
 - HIV screening, if at risk
 - Thyroid (TSH) test
- ☐ Examine your moles and birthmarks monthly for any changes.

Breast Health

- ☐ Examine your breasts at home (monthly).
- ☐ Get a clinical breast exam (annually).
- ☐ Have a mammogram (every 1-2 years).

Eye, Ear and Dental Health

- ☐ Have your hearing tested (every 10 years).
- Schedule an eye exam (baseline at 40, then every 2-4 years).
- ☐ See your dentist (every 1-2 years).

Mental Health

☐ Share concerns with your doctor immediately.

Recommended Immunizations

- ☐ Seasonal influenza (flu) vaccine (annually)
- ☐ Tetanus-diphtheria-pertussis (Tdap) booster vaccine (every 10 years)

Reproductive Health

- ☐ See your doctor for a pelvic exam (annually).
- ☐ Have a Pap test (at least every 3 years).
- ☐ Get tested for sexually transmitted infections (STIs), if at risk.

Visit **ClubWkc.com/LiveHealthy** for details on our decade-by-decade classes hosted by Dr. Ancy.

Not a member?

Join the club at

ClubWkc.com.