



SETA Wellness & Safety Awareness

How often should I get a health check?

- ◆ For healthy people under 30 years of age who don't smoke, have no disease risk factors and don't take prescription medication- get a check-up every two to three years.
- ◆ Age 30-40, healthy individuals should get a physical every other year.
- ◆ Annual physicals start around age 50.

The recommendations can change for individuals who take medication and have chronic disease risk factors.

What Health Services are Recommended?

- ⇒ Breast and Cervical Cancer Early Detection
- ⇒ Cholesterol Check
- ⇒ Colorectal Cancer Screening
- ⇒ Blood Pressure Check
- ⇒ Immunization Schedules
- ⇒ Oral Health for Adults
- ⇒ Prostate Cancer Screening
- ⇒ Skin Cancer Screening
- ⇒ HIV/AIDS Test
- ⇒ Hepatitis Screening

Why are Health Checks Important?

Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life.



Making the best out of your health check:

- ◆ Know the names and doses of medications you are taking
- ◆ Bring a vaccine record including when you received your last flu shot, tetanus and pertussis
- ◆ Bring dates of your last cancer screenings
- ◆ Be honest about how often you smoke and/or drink

