

TAKE CHARGE OF YOUR HEALTH

Schedule Your Annual Checkup

When was the last time you visited your doctor for a checkup? Getting an annual checkup is essential to keeping your health on the right track. That's right, those who take preventive care seriously and visit their doctor once per year tend to be healthier and lead more productive lives.

In addition, getting an annual checkup can help you:



Detect disease or illness early—

Regularly visiting your doctor can help detect various diseases or illnesses early so that you can obtain proper care as soon as possible.



Control chronic diseases—If you have a chronic condition, visiting your doctor for an annual checkup can help you receive proper treatment before your condition causes a serious health problem.



Lower your health care costs—At annual checkups, you may detect a condition in its early stages or be offered screenings to do so, which can help you receive treatment quickly before it becomes more advanced and expensive to treat.



Improve your relationship with your doctor—

Going to your annual checkup will help strengthen the relationship between the two of you, increasing your trust and comfort in the care you receive.

This infographic is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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