

KEEP YOUR Health in Check

One of the most important things you can do for your health is to visit your doctor at least once a year. Your doctor can help you catch problems early so you can stay healthy. Have you seen your doctor yet this year?

What to ask your doctor: Do I need...

- To make changes to my lifestyle
(food, exercise, drug and alcohol use, stress)?
- To talk about my current medications?
- To lower my blood pressure?
- Any vaccinations?
- To talk about depression?
- A blood sugar test?
- A screening for breast cancer?
- A screening for cervical cancer?
- A dental checkup?

Health
Happens
Here

Don't Forget!

Kids and teens should visit their doctor at least once a year, too!

NEED HELP FINDING A DOCTOR?

Call FamilyCare Health Navigation Services
503-222-2880 or
800-458-9518



503-222-2880

www.familycareinc.org

