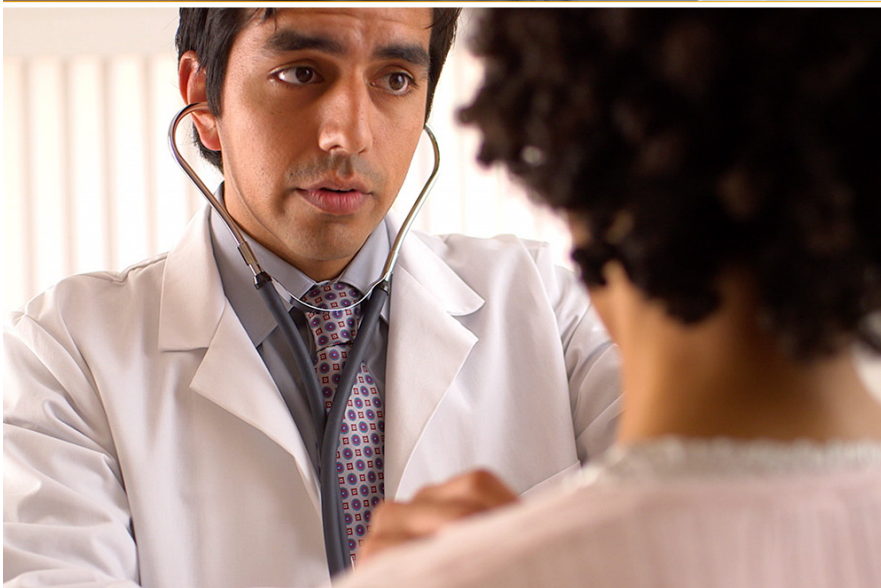
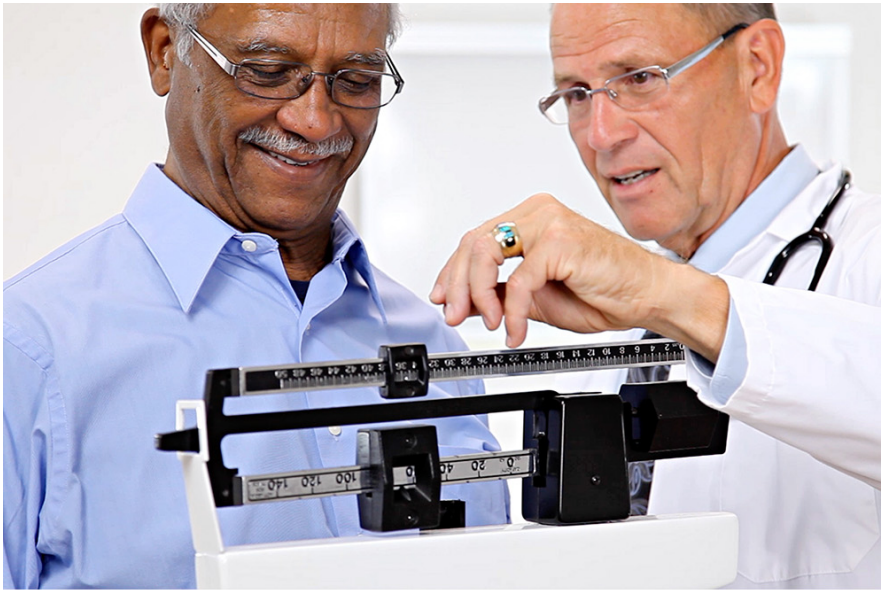




Wellness Exam



Overview

This is a checkup we do when you're not sick. It lets us collect important info to track your health over time. And, it helps us find health problems you may not be aware of.

What to expect

So, what happens during the exam? Well, we measure your height, weight and blood pressure. We also review your medical history. We ask you about any changes to your health or habits.

Physical and mental health

During your wellness exam, we talk about how you're feeling, both physically and mentally. Have you seen any changes in your body or mind? Are you eating a healthy diet? Are you getting regular exercise? Are you having any memory issues? Are you experiencing stress or anxiety? Is there anything you want to talk about?

Being honest

It's important to be honest about things like alcohol, tobacco and drug use, depression, and sexual health issues. It can be uncomfortable to talk about these things. But your healthcare provider's role is to give you good medical advice so you can be as healthy as you can be.

Conclusion

A wellness exam is a great tool for your healthcare team. The info we get from your exam helps build a health history that lets us know how to care for you when you're sick. To learn more about wellness exams, talk to your doctor.