



## Annual Physical Exam



### Overview

This is a checkup we do in person. We call it a "physical." It's a way for us to evaluate your body. A physical is good for you even if you feel like you're in great health. It lets us collect important info that we use to track your health over time. And, it helps us find health problems you may not be aware of.

### What to expect

So, what do we do during a physical? Well, we check your height, weight and BMI. That's your "body mass index" (a measure of your body fat). We check your blood pressure. And, we listen to your heart and lungs with a stethoscope. Now, we examine your body. We may feel or press against certain areas, like your neck or abdomen, to make sure we don't feel any lumps or other issues. And, we may test things like your joints, reflexes and balance.

### Your medical history

We also take this time to review your medical history. We ask you about any changes to your health or habits. 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

If you're a person who's generally in good health, an annual physical exam can be easy to forget. But don't skip it. The info we get from your physicals builds a health history that lets us know how to care for you when you're sick. To learn more, talk to your doctor.