

Top Tips from the Health Pros

Why an Annual Physical Matters

An annual physical is a simple but important way to take care of your health. It helps catch potential problems early—often before you notice any symptoms—and gives you and your healthcare provider a chance to stay ahead of long-term conditions like high blood pressure, diabetes, or heart disease. It also helps create a clear picture of your overall health from year to year.

Here's what an annual physical can do for you:

- **Keep you up to date on important screenings:** Regular checkups make sure you're getting the tests you need—such as mammograms, Pap tests, prostate exams (now a simple blood test!), cholesterol checks, and blood pressure monitoring—to protect your long-term health.
- **Catch issues early:** Finding health concerns early usually means easier treatment and a better chance of avoiding serious illness.
- **Track your health over time:** By checking your vitals and bloodwork each year, your provider can spot small changes before they become bigger problems.
- **Build a strong relationship with your doctor:** Seeing your provider regularly helps them get to know you, your health history, and your goals—so your care feels more personal and supportive.
- **Stay current on vaccines and wellness guidance:** Your visit is a great time to review recommended vaccines (like flu, Tdap, or COVID-19) and talk about lifestyle habits—such as nutrition, exercise, sleep, and mental well-being—to help you stay healthy in the future.

