



**Staying Healthy:
Preparing for
the Check-Up**

Use this form to prepare for an annual physical exam. Refer to screening recommendations on the following pages to note those for your age group.

Recommended screening and tests this year:

Problems or concerns about my health that I'd like to discuss:



I'd like to get more information about:

Note health care provider's recommendations:

Medications prescribed, referrals for tests or other specialists:



How will I get test results: _____



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