

# WHY SHOULD YOU GET AN ANNUAL PHYSICAL?

## **Early detection of health issues**

Routine checkups can help identify health problems like high blood pressure, high cholesterol, diabetes, and cancer.

## **Preventative care**

Your doctor can recommend vaccinations, screenings, and lifestyle changes to prevent diseases.

## **Update medications**

If you take prescription medicines, your doctor can ensure they're still the best choice for you and adjust the dosages or prescriptions as needed.

## **Lifestyle and wellness advise**

Your doctor can provide guidance on nutrition, exercise, and other lifestyle choices to help improve your overall well-being.

## **Mental health check-in**

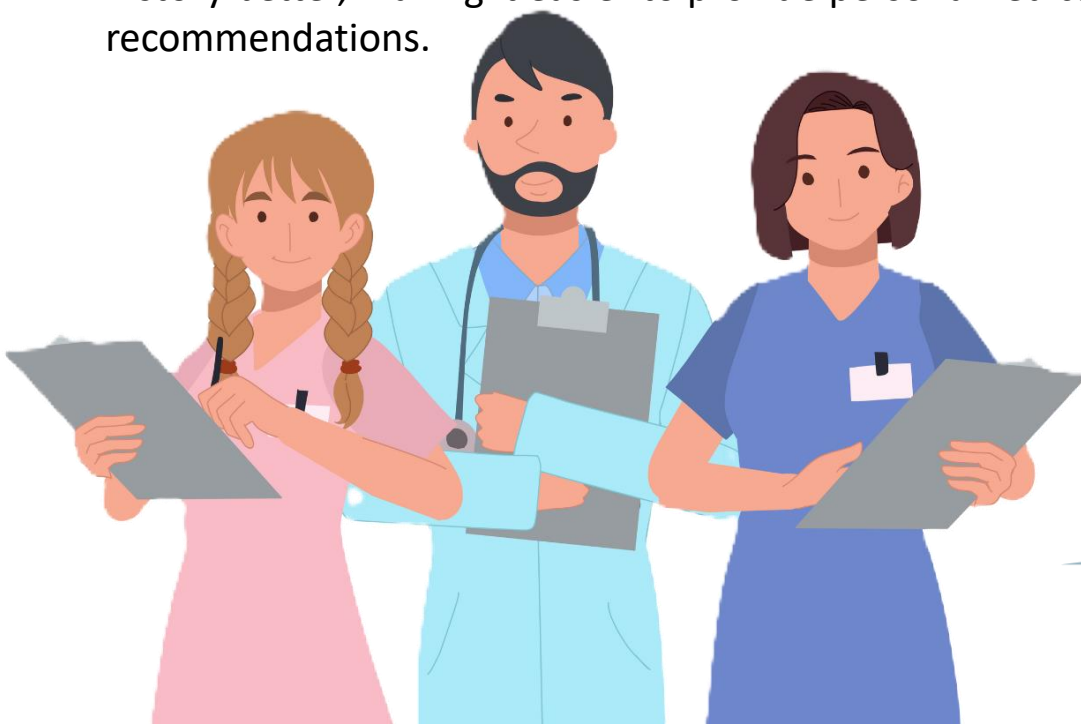
Annual visits provide an opportunity to discuss mental health concerns like stress, anxiety, or depression, which are just as important as physical health.

## **Discuss family history**

Physicals can help you identify potential health risks based on your family history.

## **Strengthen doctor-patient relationship**

Seeing the same doctor regularly allows them to understand your medical history better, making it easier to provide personalized care and recommendations.



**PMR**  
HEALTHCARE

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