



## A Routine Checkup

A routine checkup from a doctor or health care provider is a way to find out your health status. It allows you to ask questions, too. It also helps you find out if you have a health problem you don't know about. Some diseases, such as high blood pressure and some cancers, may not have symptoms in the early stages. Tests and exams can help detect these.

### The Basic Parts of a Checkup

- A complete medical history. This includes family health history, past illnesses, and current problems.
- A check on how well your eyes, ears, heart, bowels, etc. function.
- A check of your blood pressure, pulse, temperature, etc.
- A medical exam.
- Possible routine tests for your conditions, gender, or age, such as blood tests or X-rays.
- A check of specific health concerns.
- Vaccinations, as needed.



*During a checkup, discuss your health concerns with your doctor.*