During your annual exam, your doctor may request some routine checks to get a sense of your current state of health. These checks may include:

- Screening tests and lab work
- Checking your blood pressure and heart rate
- Asking about your medical history
- Reviewing your prescription medications
- Checking to see if you are current with your vaccinations

+ Contact your health care provider today.

Ask your health plan about whether preventive health services are available to you at no cost.

To learn more, visit:

Centers for Disease Control and Prevention (CDC): www.cdc.gov

US Food and Drug Administration (FDA): www.fda.gov

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