



Keep your health in check

3 Steps to Turn this Message into ACTION

1. Discuss your needs with your health care team:

Health screenings you need depend on your age, gender, family history, and health status. For example:

- If you have high blood pressure, you should be screened for diabetes.
- If you have diabetes, you need a blood test called A1C every 3 to 6 months. Every year, you also need a blood cholesterol test, a foot exam, a dilated retinal eye exam, and a urine test to check how your kidneys function.

Discuss the benefits and harms of screening tests. Let your health care team know which ones you prefer to have.

2. Schedule and get the screening tests you need:

- Make a list of the health screenings you still need this year.
- Write or record your screening test appointments on your calendar.
- Keep a record of your screenings and results.
- Consider asking a trusted friend or family member to be your accountability partner. They will help you stay on track to keep your health appointments.

3. Screening tests are not just for cancer.

Your health care team screens for problems that affect your overall health, too. Be prepared to discuss the following:

- Use of alcohol and/or drugs
- Tobacco use and/or exposure to secondhand smoke
- If you need help to lose weight
- If you are depressed or have had a lot less interest in almost all things you do nearly every day, for at least two weeks
- Exposed to a traumatic event, such as combat or military sexual trauma (MST)
- If you have or are at risk for HIV

