

# When it's that time of year for your annual physical exam – create a checkup checklist



## The Caraday Way

Helping residents in all aspects of their health is a value found in every Caraday community – it's the Caraday Way. Whether it's preparing for a medical appointment or just simple day-to-day support, Caraday team members share a passion caring for our residents.

*"I visit with residents and help them with the things they need done."*

Bethany Countryman  
Caraday Western Hills  
Temple TX

"There is no such thing as a stupid question?" This expression is especially true when it comes to your health and doctor-patient communication. Your annual exam is a "tune up" for your body and YOUR time to ask any questions: no matter how small or big.

In advance of your physical, prepare a list of questions about your personal wants and needs, but be sure to ask these crucial questions as well. The better you communicate with your doctor, the more in control you will feel.

### **Do I need any additional screening tests?**

A wellness visit is a great time to get a blood panel, lipid test for cholesterol, or be reminded of recommended screenings such as colonoscopies, bone density, mammograms, vitamin deficiencies, metabolic panels, or thyroid disorders. Based on your age and other risk factors for certain conditions, some of these screenings may be more applicable than others.

### **Are my prescriptions still okay?**

This is a chance for you to review your medications and make any necessary adjustments. Be sure to discuss how the medications are making you feel, if you have had any recent life changes, or if you still need the regimen.

### **Am I up to date on vaccinations?**

COVID brought vaccines to the forefront but they have always been a very important health tool for people of all ages. Some common boosters include Tetanus-Diphtheria every 10 years, flu shots, shingles, and the pneumococcal vaccine.

### **Should I take any supplements?**

Most vitamins and minerals can be consumed through a healthy, balanced diet. However, each individual's diet and lifestyle varies, so it is important that you are aware of certain nutrients you may be lacking.

### **Is there anything you would like me to work or focus on before our next visit?**

Your doctor may be concerned about your weight, activity level, bone density, cholesterol level or any number of issues. It is important to maintain a clear line of communication with your doctor to discuss any



For more information call 512-641-8805, email us at [contact@caradayhealth.com](mailto:contact@caradayhealth.com) or visit [caradayhealth.com](http://caradayhealth.com)