

Staying Healthy for the Holidays!

Annual Wellness Recommendations

Annual well visit with your Primary Care Provider

Routine vaccines for children and adults

Flu vaccine

Covid vaccine

Pneumonia vaccine

- High risk individuals and/or anyone age 65 and older

Dental cleanings every 6 months

Annual eye exam

Cholesterol checks

Cancer screenings

- Cervical check/PAP
- Skin cancer check
- Mammogram - women beginning at age 40
- Colon cancer screening
- Prostate exam/PSA - men beginning at age 50

Diabetes patients

- Dilated eye exam
- Complete foot exam
- A1C check every 6 months
- Kidney exam

Gestational diabetes history

- Annual fasting glucose and A1C



You may be subject to these screenings at an earlier age if you have a family history of any of these conditions.

Ask your Primary Care Provider about the exams that are recommended for you.

Visit www.hhproviders.org to see a complete list of Primary Care Providers.