

Annual Physical Exams



Let's Explore the Importance

Many people put off getting an annual physical check-up because they feel fine. Although, preventative care is one of the best ways to identify and treat health issues before they get worse.

These exams can help identify any hidden health issues or possible health risks. For healthy individuals, the minimum that is recommended is to get an annual physical once a year and the yearly flu shot.

Here's what we'll cover in a physical exam:

Health Screenings

Depending on your risk factors, age, lifestyle and family history, your provider may order a variety of blood tests and other screenings during your annual physical exam, including:

- **Blood pressure screening**, which measures the force of your blood against your arteries.

- **Cholesterol screening**, which measures the amount of cholesterol in your blood. In healthy patients with no risk factors, a total cholesterol reading of lower than 200 mg/dL is considered normal. An LDL, or “bad” cholesterol, reading of 130 mg/dL or lower and a HDL, or “good” cholesterol, reading of more than 60 mg/dL is considered normal.
- **Blood glucose screening**, which measures the amount of sugar in your blood. An A1C reading of less than 5.7 percent is considered normal.
- **Body mass index (BMI)** calculation, which uses your height and weight to determine if you’re at a healthy weight. A BMI of 18.6 to 24.9 is considered normal.

These tests can identify underlying conditions, such as heart disease and diabetes, even if you aren’t experiencing symptoms. Your test results also enable your provider to make recommendations for follow-up testing, as well as lifestyle, exercise or diet changes that can help you improve or maintain your health.

Vaccines



Adults need to keep their vaccines up to date to prevent dangerous diseases. Your provider will review your vaccination history and risk factors during your annual physical exam and may recommend immunizations, including:

Flu, Pneumonia, Shingles

We can refer you out for other vaccines as needed.

Updating your medical records

A lot can change in a year, so it’s important to keep your medical records up to date. Your annual physical exam is the perfect time to let your provider know about any changes that could affect your health, including:

- **Medication changes:** Provide current prescription medications, vitamins, supplements or over-the-counter medications you’re taking and up-to-date dosage information.

- **Allergies:** Because food, environmental and medication allergies can sometimes cause dangerous reactions, it's important to tell your provider if you think you've developed a new allergy.
- **Social history:** Your provider will ask you some questions about your lifestyle, including smoking habits, alcohol intake and sexual activity. To make sure you're staying safe, your provider also may ask questions about wearing your seatbelt, screen for domestic violence and conduct a fall risk assessment if you are older than age 65. Your provider also may ask if you've established an advance directive or spoken to your family about your healthcare wishes in the event that you become seriously ill and are unable to make decisions for yourself.
- **Mental health:** Your provider may ask if you're experiencing symptoms of common mental health conditions, such as depression or anxiety. If you have concerns about your mental health, your doctor may refer you to a specialist.
- **Family history:** Your provider will ask if anyone in your family has developed any new health conditions. If your family history puts you at risk of developing a similar medical condition, your provider may recommend earlier screening.

Establishing a relationship with your provider

Your provider is your healthcare partner. Your annual physical exam is a great way to establish a relationship with your provider, as you get to know each other. The focus of a physical exam is your overall wellness and the preventative care you need to stay healthy. This is a time to address any concerns or answer questions you may have about medications, treatment plans or other health issues.

Did you know?

Nearly 1% of Americans, or about 3.31 million people, reported that they have never had a checkup in their life.

Remember: Prevention is better than cure!

Scheduling your annual physical exam just might be the best thing you do for your health this year. If you are due for your annual check-up or haven't had one in several years, now is a good time to schedule a visit with our clinic and be seen by a provider.

Schedule an appointment by giving us a call



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