

Regular Check-Ups!!!



They're a Part of Every One's Life

1. An annual routine health visit (yearly physical) is important, even when you feel fine.
2. Early treatment may help to keep health problems from becoming serious.
3. Check-ups help to identify your health needs and make sure you are getting all of the care that is required.
4. Annual health guidance can promote a better understanding of your physical growth, social and sexual development, and the importance of becoming actively involved in decisions regarding your health care.
5. Your doctor should talk to you about eating, including the benefits of a healthy diet, ways to achieve a healthy diet, and safe weight management.
6. Your doctor should tell you about the benefits of exercise and encourage you to engage in safe exercise on a regular basis.
7. Your doctor will discuss reasons you should avoid using tobacco, alcohol and other abusive substances.
8. You need to be screened annually for high blood pressure. You may also need to be screened to determine your risk of developing adult coronary heart disease.
9. Your doctor will need to ask about behaviors or emotions and, if needed, refer you to resources to help keep you healthy.
10. You might need to get a vaccine to prevent you from getting sick.
11. It is also important to see your dentist every 6 months for a dental check-up and to have your teeth cleaned.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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