

Regular Checkups!

They're a Part of Everyone's Life

Transition Skills, Tips & Tools
Annual Health Care Visits



1. A yearly routine health visit (physical, well check) is important, even when you feel fine.
2. Early treatment may help keep health problems from becoming serious.
3. Checkups help identify your health needs and make sure you are receiving the care you need.
4. Your doctor will help you understand more about your physical growth, your social and sexual development, and the importance of being involved in your healthcare decisions.
5. Your doctor should talk with you about the benefits of following a healthy diet and safe weight control.
6. Your doctor should discuss the benefits of exercise and encourage you to exercise safely on a regular basis.
7. Your doctor will discuss reasons you should avoid using tobacco, alcohol and other abusive substances.
8. Your doctor should check you annually for high blood pressure. You may also have a screening to check your risk for heart disease as an adult.
9. Your doctor will 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 six months for a dental checkup and to have your teeth cleaned.

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dsc.uic.edu

