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Knowing about your health is one of the most important things you can do. **Boost your knowledge through an annual checkup.**

Your doctor can alert you to likely health problems and help you find a treatment plan to manage them early on. You might even be able to prevent problems before they start. Prior to your next annual checkup, do your homework! Be prepared to:

- Review your family health history. This helps your doctor know if you are at risk for certain diseases and conditions, such as cancer, diabetes or heart disease.
- Find out if you are due for any health screenings or immunizations.
- Write down a list of questions for your doctor. Include any issues or health changes that need to be addressed.
- Consider the future, and discuss any health changes you are thinking about, such as smoking cessation or weight loss.

Make sure you schedule a checkup each year. You will probably learn some valuable lessons about living a healthier life.

Source: Centers for Disease Control and Prevention

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