

Go To The Doctor Guide & Record.

, When to do it & Why.

It is important to remember that one health problem can lead to another; for example, high cholesterol, diabetes or high blood pressure all can lead to heart disease. This is why it is so important to stay current with your diagnostic tests and get treatments immediately.

Going to the doctor along with exercise, good diet, not smoking, not using illegal drugs and not drinking in excess will go a long way toward ensuring your overall good health.

Name: _____
 Year: _____
 Doctor: _____
 Doctor: _____
 Medications: _____
 Allergies: _____



Age 30s

In your 30s, it's transition time. You're probably settling down into a committed relationship and are more intensely focused on your career and building a family. This is a great time to complete a family history and stay focused on being fit.

CHECK INDICATES FAMILY HISTORY

✓ WHAT YOU NEED

- Routine Physical (Every 2-5 years)
- Annual Flu Shot
- Cholesterol (Every 5 Years; add frequency if high risk)
- Tetanus Booster (Every 10 Years)
- Hearing Test (Every 10 Years)
- Testicular Self-Exam (Monthly)
- Skin Self-Exam (Monthly; by a Doctor Every 3 Years)

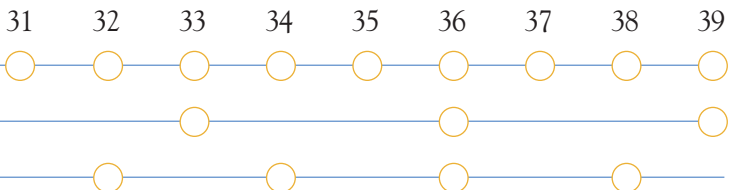
Annual Blood Pressure Check

Diabetes Screening (Every 3 Years)

Eye Test (Every 2-4 Years)

My health notes -

Other Tests/Results



Note: Testing may need to be more frequent if abnormalities are found.

Prior to scheduling an appointment, check with your insurance company to verify coverage