

Name: _____

Doctor: _____

Procedures/Dates: _____

Doctor: _____

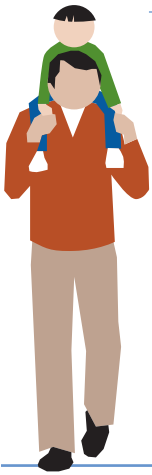
Doctor: _____

Notable Health Changes: _____

Medications/Dosages: _____

Allergies: _____

My health notes -



Age 40s

In the 40s, it's family time. Your life becomes consumed with children and all activities that go along with them. This is an especially crucial time to keep on top of your heart health. Eat a heart-healthy diet, exercise daily and get annual check-ups and screenings.

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CHECK INDICATES FAMILY HISTORY

✓ WHAT YOU NEED

- Routine Physical (Every 5 Years)
- Annual Flu Shot
- Cholesterol (Every 5 Years)
- Tetanus Booster (Every 10 Years)
- Hearing (Every 10 Years)
- Testicular Self-Exam (Monthly)
- Skin Self-Exam (Monthly; by a Doctor Every 3 Years)

Other Tests/Results

<input type="checkbox"/> Annual Blood Pressure Check	41	42	43	44	45	46	47	48	49
<input type="checkbox"/> Diabetes Screening (Every 3 Years) <small>(This is the peak age group for diabetes diagnosis)</small>									
<input type="checkbox"/> Digital Rectal Exam (Annually if high risk)									
<input type="checkbox"/> PSA (Annually if high risk)									
Eye Test (Every 2-4 Years)									

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