



FOR MORE INFORMATION, VISIT:

<http://www.webmd.com/a-to-z-guides/annual-physical-examinations?page=3>

<https://www.healthcare.gov/preventive-care-adults/>

<http://www.cdc.gov/healthcommunication/toolstemplates/entertained/tips/preventivehealth.html>

ANNUAL PHYSICAL EXAM: THE BASICS

Annual exams usually check your:

- **HISTORY.** This is where you would mention complaints or concerns about your health. Your doctor will likely quiz you about lifestyle behaviors.
- **VITAL SIGNS.** Blood pressure, heart rate, respiration rate and temperature.
- **GENERAL APPEARANCE.** Doctors gather information about you and your health just by watching and talking with you.
- **LUNG EXAM.** Doctors use a stethoscope to listen for crackles, wheezes, or decreased breath sounds. These can indicate heart or lung problems.
- **HEAD/NECK EXAM.** Doctors check your tonsils and throat (open up and say “ah”). They may also check your ears, nose, sinuses, eyes, lymph nodes and thyroid.

BENEFITS OF PREVENTIVE CARE

- To ensure that you're in sound health.
- Acts as an alarm system to catch health problems before they become serious. Sometimes illness roots itself in our bodies, yet shows no symptoms.
- Allows your doctor to recommend preventive measures, or lifestyle changes, to increase chances for better health or to correct an existing illness or condition.

