When was your last checkup?

Regular well checks can help you get and stay healthy

You want to understand how your body changes, as you get older. That's what preventive exams do for you. They give you and your doctor a snapshot of your health. And they give you a chance to talk to your doctor and see if you need to make any changes. They also keep your doctor updated about your health. That way you can get better care if problems come up later.[1]

What to expect

Most preventive exams start with a talk about your health history and any problems. After that, most doctors will talk to you about things like:[2]

- Medicines you take
- How you eat — and how you could eat better
- How active you are — and whether you should be more active
- Stress in your life or signs of depression
- Drinking, smoking and drug use
- Safety measures like wearing your seat belt and using sunscreen
- Your sexual habits and any risks they pose
- Tests and vaccines you may need

Get more from your exam

It will help both you and your doctor if you gather some information about your health ahead of time. Before your visit, write down:[2]

- Your health history and your family's, especially if anything has changed since your last visit
- Any medicines you take, how much you take and how often (include vitamins and over-the-counter drugs)
- Concerns you have about your health
- Any symptoms you're having

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What's the difference between preventive care and diagnostic care?

Some tests can help you stay healthy, catch problems early on and even save your life. These are called preventive care because they can help prevent some health problems. They're different from diagnostic tests, which help diagnose a health problem. Diagnostic tests are for when someone has symptoms of a health problem, and the doctor wants to find out why.

It's important to know the difference. For example, your doctor might want you to get a colonoscopy (a test that checks your colon). If it's because of your age or because your family has a history of colon problems, that's called preventive care. But if it's because you're having pain or other symptoms of a problem, that's diagnostic care.

Helpful resources

For more information, visit anthem.com/ca. Under the Health & Wellness tab, select **View All Preventive Health Guidelines** in the lower right corner of the screen. Or use the myhealthfinder tool at *www.healthfinder.gov* to find out which preventive services you need based on age and gender.

Visit anthem.com/ca for more ways to get healthy — and stay healthy.