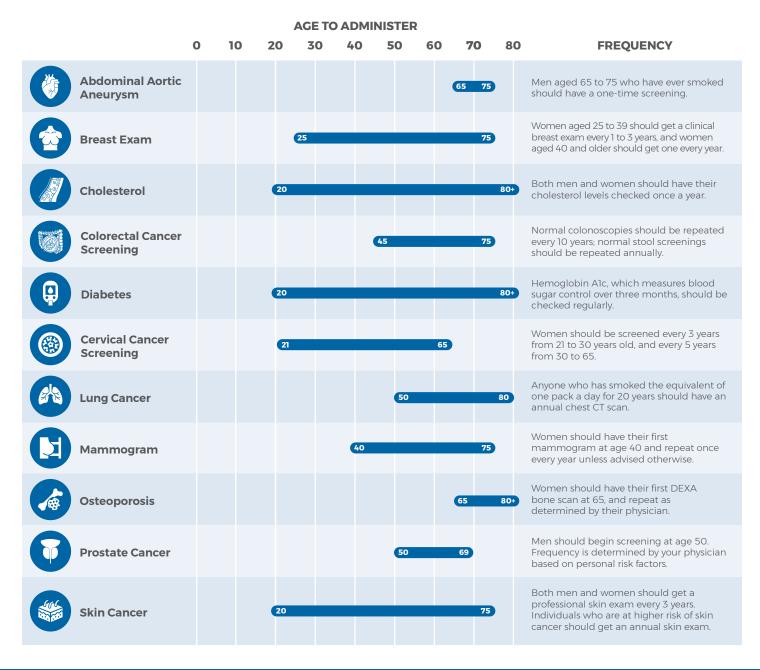
## Healthy is keeping yourself in check.



## A CHECKLIST FOR HEALTH SCREENINGS BY AGE:

Most people know to get an annual check-up, but so much can happen between visits – especially identifying risk factors for certain diseases. Use this guide to find out which screenings men\* and women\* should **discuss with their doctor** at each stage of their life.



**DISCLAIMER:** If you are at a higher risk for any medical condition due to family history, alcohol, tobacco use, obesity, sexual activity, or other personal factors, consult them with your doctor regularly. These are general guidelines based on recommendations from the Centers for Disease Control and Prevention, American Cancer Society, American Diabetes Association, American Thyroid Association and U.S. Department of Health and Human Services. Your doctor will customize a screening schedule for you.

