

## **Preparing for a Check-up or “Complete Medical”**

During a Periodic Health Exam (“complete medical” or “check-up”), your doctor will review your medical file, inquire about your health habits and history, do a physical examination, determine if any tests should be ordered, and provide advice intended to prevent future health problems.

The following is a list of common questions asked at a periodic health visit:

- Are you feeling well in general?
- Do you have any specific concerns that need to be addressed today?
- Has there been any new medical concerns or events since the last check-up?
- What are your eating habits? Do you follow any diet?
- Do you engage in regular physical activity? How often and what kind(s)?
- Do you drink alcohol, smoke or use recreational drugs?
- Do you have any concerns about your sexual or reproductive health?
- Do you have any concerns about your mood, sleep or stress?
- Is there any new medical family history to note?
- Do you take any medications or supplements?
- Are your immunizations up to date?
- Do you see a dentist, eye doctor or any other health professional regularly?
- Are you due for any screening examinations or tests, such as a pap smear or lab tests? (Your doctor may have this information already on file.)

Remember, if you are asked a question that you cannot answer, “I’m not sure” is a perfectly acceptable reply.