

# Health Care Is Self-care.

## Your 2023 **health checklist**



**Annual physical** (primary care)

Date: \_\_\_\_\_

**Heart health screenings** (blood pressure, blood sugar, BMI, cholesterol)\*

Date: \_\_\_\_\_

**Women's health check** (breast check, pelvic exam, Pap smear with OB/GYN)

Date: \_\_\_\_\_

**Cancer screenings** (colon cancer, mammogram, prostate, lung)\*

Date: \_\_\_\_\_

**Eye exam** (eye doctor)

Date: \_\_\_\_\_

**Teeth cleaning** (dentist)

Date: \_\_\_\_\_

**Skin check** (dermatologist)

Date: \_\_\_\_\_

**Mental health evaluation** (primary care, counselor, psychiatrist)

Date: \_\_\_\_\_

**Annual vaccinations including flu shot\***

Date: \_\_\_\_\_

**[NortonHealthcare.com/SelfCare](https://www.nortonhealthcare.com/selfcare)  
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*\*Ask your primary care provider for recommendations based on your age, personal needs/goals and underlying risk factors.*