



# Most adults neglect their own care.

But we all want to get the most out of life.

Caring for your whole self — body, mind and spirit — is the best way to live your best life, complete with the people and passions that make it yours. Progressing through new ages and stages means collecting the experiences that make life fuller, but it also means that maintaining your body’s well-being might require more care.

All the small forms of health care, like routine tests and screenings, lead to bigger moments of self-care. Use this checklist to keep up with the health and wellness services you need to add to your routine as life moves forward.

### It’s simple: health care is self-care.

	20+	30+	40+	50+	60+
Annual physical	✓	✓	✓	✓	✓
Blood pressure screening	✓	✓	✓	✓	✓
COVID-19 vaccine and booster	✓	✓	✓	✓	✓
Dental exam	✓	✓	✓	✓	✓
Eye exam	✓	✓	✓	✓	✓
Flu vaccine	✓	✓	✓	✓	✓
Mental health evaluation	✓	✓	✓	✓	✓
Pap smear for those who have a cervix	✓	✓	✓	✓	✓
Cholesterol test		✓	✓	✓	✓
EKG			✓	✓	✓
Colorectal cancer screening			✓	✓	✓
Diabetes screening			✓	✓	✓
Mammogram for those who have breast tissue			✓	✓	✓
Bone density test				✓	✓
Lung cancer screening for those at risk				✓	✓
Prostate exam for those who have a prostate				✓	✓
Shingles vaccine				✓	✓
Abdominal aortic aneurysm imaging					✓
Pneumonia vaccine					✓

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(502) 629-1234 (option 3)  
**#HealthCareIsSelfCare**

Ask your primary care provider for recommendations based on your age, personal needs/goals, and underlying risk factors.

