



Annual Physical Health Checklist

- ☐ Schedule an annual physical exam with your primary care provider.
- ☐ Update your vaccination records (e.g., flu shot, tetanus, COVID-19).
- ☐ Check blood pressure, cholesterol, and blood sugar levels.
- ☐ Ask about age-appropriate screenings (e.g., mammogram, colonoscopy).
- ☐ Review current prescriptions and supplements with your doctor.
- ☐ Ask about lifestyle changes for better health (nutrition, exercise).
- ☐ Get a vision and dental exam if due.
- ☐ Discuss mental health and stress levels with your provider.
- ☐ Track your height, weight, and BMI yearly.
- ☐ Set one small, achievable health goal for the year.

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