







Mid-Year Health Check: Stay on Track with Preventive Care

June is the perfect time to review your health goals and schedule essential screenings to maintain wellness.

Preventive care is a cornerstone of long-term health, helping **detect conditions early** before they become serious. In fact, **6 in 10 U.S. adults have a chronic disease**, many of which can be **prevented or better managed** through routine screenings and checkups. Taking time this month to schedule exams and stay current on screenings can **support your health and wellness** throughout the year.

Your Mid-Year Health Checklist

-  **Schedule your annual physical:** Review your overall health and discuss any concerns with your provider.
-  **Stay current on routine health checks:** Monitor blood pressure, cholesterol, blood sugar, and other key health indicators.
-  **Book recommended cancer screenings:** Schedule age-appropriate screenings like mammograms and colonoscopies.
-  **Review vaccination status:** Stay up to date on recommended vaccines and boosters.
-  **Schedule a dental exam and cleaning:** Routine dental care supports both oral and overall health.
-  **Plan a yearly vision exam:** Regular eye exams help detect vision changes and other health concerns early.

SOURCE: THE CENTERS FOR DISEASE CONTROL AND PREVENTION

