**[ When was the last time you made an appointment to see a doctor? What was wrong? How did the doctor help you? ]**

When my company gave me the chance to make an appointment for a checkup a year ago, I saw a doctor. It wasn't a normal clinic. I could experience a comprehensive health checkup in a hospital for free. I usually thought, "My body has no problems." But I never had a chance to scientifically check my body. A day before the checkup, I skipped a meal because the hospital requested me not to eat some food before the checkup. And I met a lot of doctors there, but they spoke not something for my health, As a result, if I think of the experience now, it's a strange one.