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## Health Checkup

**Also called:** Annual checkup, Annual physical examination, Routine physical examination

Regular checkups with your health care provider are different from appointments for sickness or injury. These checkups include physical exams as well as preventive care. Preventative care may include:

- Screening tests [<https://medlineplus.gov/healthscreening.html>] , which are medical tests to check for diseases early, when they may be easier to treat. Which screenings you need will depend on your:
  - Age
  - Sex
  - Overall health
  - Family health history [<https://medlineplus.gov/familyhistory.html>]
  - Risks for certain diseases
- Vaccines [<https://medlineplus.gov/vaccines.html>] , which can improve your health by preventing diseases and other health problems.
- Education and counseling to help you make informed health decisions. This could include advice about your lifestyle, including your diet, how much exercise you get, and any alcohol, tobacco, or other substances you may be using.

To make the most of your next check-up, here are some things to do before you go:



- Review your family health history
- Find out if you are due for any general screenings or vaccines
- Make and bring a list of issues and questions you would like to talk about with your provider
- Make and bring a list of any medicines, vitamins, supplements that you take

*Centers for Disease Control and Prevention*

## Start Here


- Are You Up to Date on Your Preventive Care? [<https://www.cdc.gov/chronic-disease/prevention/preventive-care.html>]  
(Centers for Disease Control and Prevention)
- Preventive Services for Healthy Living [<https://familydoctor.org/preventive-services-healthy-living/?adfree=true>]  
(American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/servicios-preventivos-para-una-vida-sana/?adfree=true>]

## Related Issues

- Adult Immunization Schedule by Age (Addendum Updated June 27, 2024) [<https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html>] (Centers for Disease Control and Prevention)
- How to Understand Your Lab Results [<https://medlineplus.gov/lab-tests/how-to-understand-your-lab-results/>]  
 (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/como-entender-el-resultado-de-sus-pruebas-de-laboratorio/>]
- Talking With Your Doctor: MedlinePlus Health Topic [<https://medlineplus.gov/talkingwithyourdoctor.html>]  
 (National Library of Medicine)

Also in Spanish [<https://medlineplus.gov/spanish/talkingwithyourdoctor.html>]

## Specifics

- Pulse Oximetry [<https://medlineplus.gov/lab-tests/pulse-oximetry/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/pulsioximetria/>]

## Health Check Tools

- QuestionBuilder App [<https://www.ahrq.gov/questions/question-builder/index.html>] (Agency for Healthcare Research and Quality)  
Also in Spanish [<https://www.ahrq.gov/es/questions/question-builder/index.html>]

## Test Your Knowledge

- Screening Tests for Men Quiz [[https://medlineplus.gov/ency/quiz/007465\\_19.htm](https://medlineplus.gov/ency/quiz/007465_19.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/quiz/007465\\_79.htm](https://medlineplus.gov/spanish/ency/quiz/007465_79.htm)]

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Nutrition Focused Physical Examination Components Specific to Older Adults: A Modified... [<https://www.ncbi.nlm.nih.gov/pubmed/40696721>]
- Article: The accuracy of a new noninvasive approach using physical examination combined... [<https://www.ncbi.nlm.nih.gov/pubmed/40665132>]
- Article: Standardized clinical examination of maxillofacial injury: fracture diagnostic accuracy across experience... [<https://www.ncbi.nlm.nih.gov/pubmed/40622420>]
- Health Checkup -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Physical+Examination%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Agency for Healthcare Research and Quality [<https://www.ahrq.gov/>]
- Centers for Disease Control and Prevention [<https://www.cdc.gov/>]  
Also in Spanish [<https://www.cdc.gov/spanish/>]
- HRSA: Find a Health Center [<https://findahealthcenter.hrsa.gov/>] (Health Resources and Services Administration)
- KidsHealth [<https://kidshealth.org/>] (Nemours Foundation)


## Children

- Baby Health Checkup: MedlinePlus Health Topic [<https://medlineplus.gov/babyhealthcheckup.html>]  
 (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/babyhealthcheckup.html>]
- Your Child's Checkups [<https://kidshealth.org/en/parents/checkups.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/checkups.html>]

## Teenagers

- Medical Care and Your 13- to 18-Year-Old [<https://kidshealth.org/en/parents/medical-care-13-18.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/medical-care-13-18.html>]

## Women

- Women's Health Checkup: MedlinePlus Health Topic [<https://medlineplus.gov/womenshealthcheckup.html>]  
 (National Library of Medicine)

Also in Spanish [<https://medlineplus.gov/spanish/womenshealthcheckup.html>]

## Older Adults

- Preventive Visit and Yearly Wellness Exams [<https://www.medicare.gov/coverage/welcome-to-medicare-preventive-visit>] (Centers for Medicare & Medicaid Services)  
Also in Spanish [<https://es.medicare.gov/coverage/welcome-to-medicare-preventive-visit>]

## Patient Handouts

- Health screenings for men age 65 and older [<https://medlineplus.gov/ency/article/007466.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007466.htm>]
- Health screenings for men ages 18 to 39 [<https://medlineplus.gov/ency/article/007464.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007464.htm>]
- Health screenings for men ages 40 to 64 [<https://medlineplus.gov/ency/article/007465.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007465.htm>]
- Physical exam frequency [<https://medlineplus.gov/ency/article/002125.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002125.htm>]
- Well-child visits [<https://medlineplus.gov/ency/article/001928.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001928.htm>]



## MEDICAL ENCYCLOPEDIA

Health screenings for men age 65 and older [<https://medlineplus.gov/ency/article/007466.htm>]

Health screenings for men ages 18 to 39 [<https://medlineplus.gov/ency/article/007464.htm>]

Health screenings for men ages 40 to 64 [<https://medlineplus.gov/ency/article/007465.htm>]

Physical exam frequency [<https://medlineplus.gov/ency/article/002125.htm>]

Well-child visits [<https://medlineplus.gov/ency/article/001928.htm>]

## Related Health Topics

Baby Health Checkup [<https://medlineplus.gov/babyhealthcheckup.html>]

Health Screening [<https://medlineplus.gov/healthscreening.html>]

Healthy Living [<https://medlineplus.gov/healthyliving.html>]

Vital Signs [<https://medlineplus.gov/vitalsigns.html>]

Women's Health Checkup [<https://medlineplus.gov/womenshealthcheckup.html>]

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