Is it a good idea to go to the doctor for a check-up at least once a year, even if you are feeling OK?

YES

NO

Fill in the blanks in the following sentences about preventative services:

Word Bank:

| testicular | stroke | mental | pap | blood | breast |

- A ________ test is used by a doctor to test for diabetes.
- A blood pressure test is important to see if you are at risk for heart attack, ________, and/or heart failure.
- Ways to detect cancer is to get a ________ smear, ________ exam or ________ exam.
- If you are feeling sad, anxious, or angry for two weeks or more, you should speak to your doctor about your ________ health.
Circle the reasons for why you should visit your doctor:

A. To get an annual check-up
B. To get preventative care
C. When you are sick or have pain
D. You have concerns about your mental health

True or False:

If you are feeling sick or are experiencing pain or discomfort, you **SHOULD NOT** go to your doctor.

TRUE

FALSE

The last time I went to the doctor was because:

__________________________________________________________________________________________

__________________________________________________________________________________________