



BLOG

Get Ready for Your Yearly Checkup: 3 Simple Steps

Before the Visit

- List every medicine and supplement
- Note any new symptoms
- Ask relatives about new diagnoses

During the Visit

- Share how you sleep and feel
- Ask what each test is for
- Ask which screenings are due

After the Visit

- Compare results with past years
- Ask what your numbers mean
- Keep up with your screening plan



Read the full article

Annual Physicals in West Ashley: Why They're Essential for Long-Term Health

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you
what is right for you.