



**Living a Healthy Life -- Wellness and Physical Fitness:
Prevention: Easy Ways to Stay Healthy and Prevent Illness**

Eat well and exercise regularly.

Have a yearly physical with your doctor or healthcare provider.*

This check up should include checking your weight, blood pressure, listening to your heart and lungs, and a general physical exam; discussing your lifestyle (exercise, diet), health problems, and current medication; and answering any questions you may have about your health.

Make sure your immunizations are up to date.

Women should...

- Have a yearly gynecological exam that includes a pelvic exam, breast exam, and pap smear (a test that screens for cervical cancer and other problems) if you are over 18 years of age or sexually active.*
- Perform monthly at-home breast exams.
- Have a yearly mammogram (a test that screens for breast cancer) if you are over 40 years of age.*
- Schedule regular doctor's visits and review their nutrition and lifestyle with the doctor if pregnant or trying to get pregnant.*

Men over 50 years of age should have a colonoscopy (a test that screens for colon cancer) each year.

(Talk to your doctor about your family history – if you have a family history of colon cancer, they may recommend you start screening earlier or be screened more regularly.)

Avoid or seek help for addictions or dangerous health behavior. This includes...

- Smoking
- Alcohol abuse
- Use of illegal drugs
- Abuse of prescription medications
- Abusive relationships (physical or emotional)
- Risky sexual behavior

Visit the dentist at least once a year and have your teeth cleaned professionally at least twice a year.

Have your vision checked regularly.

If your eyesight is fine and you have no history of eye problems, ask your regular doctor to check your sight (and if he or she thinks you need to see a specialist). If you wear glasses or have a history of eye problems, ask your doctor how often you should have your vision checked.

Consider getting a flu shot.

Yearly flu shots are recommended for young children, older adults, and people with weakened immune systems. Many doctors recommend it to all their patients if it is expected to be a particularly bad flu season.

Use common sense and follow safety guidelines at home, work, and in the car.

For more information on safety guidelines, visit our home, fire, and personal safety courses.

**Note: Most insurances pay for what they consider basic preventative care like gynecological exams, mammograms, colonoscopies, and regular examinations for people who are pregnant or have health problems. Check with your insurance company or healthcare provider.*