



PREVENTION & WELLNESS CHECK-UPS

California Department of Developmental Services



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A healthy lifestyle means making choices that help your health. Think about how to be healthy in all areas of your life, including the food you eat, exercise, sleep, and handling stress. It also means being proactive, like going to the doctor and dentist. It is important to make healthy choices in all these areas of our lives and understand how they may prevent or reduce serious health problems.

Getting Regular Check-Ups

These are some recommended check-ups. Talk with your doctor about check-ups that apply to you.



All Adults aged 18 and older:

- Annual physical exam with the primary care provider and
- Annual dental care with a licensed dentist or dental hygienist.
- Eye exam (it is recommended to have a complete eye exam at age 40).

For women:

- Age 21- 65 years, a pap smear at least once every three years;
- Age 50-74 years, a mammogram at least once every two years.



Wellness and Safety Bulletins are produced by the Department of Developmental Services to remind individuals, families, and others about specific wellness activities identified with our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)

Getting Regular Check-Ups (Continued)

All adults aged 45-75, unless otherwise recommended:

- Annual stool-based test; or
 - Flexible sigmoidoscopy every five years; or
 - Colonoscopy every ten years.
- If aged 60 or older, have your eyes checked every year or two.

Source: [United States Preventive Services Taskforce](#)

Getting Ready for a Check Up

Visit the office before your appointment to become more comfortable with the setting or any new treatments.

Ask questions to make sure you understand what is going to happen.

Tell your care team about anything you need to help make your visit comfortable.

Tell your doctor or specialist about anything that happened with your health in the past or since your last visit.

Bring records about your physical or medical needs.

Bring your health insurance card and billing information.

Comfort During Your Appointment

Talk with your health care team about your comfort level.

If you need to, bring an item that helps you feel calm.

If you get nervous going to the doctor or specialist, bring along a friend or support person who can sit nearby and help calm you.

You can ask the doctor or specialist to make your visit shorter if you feel like you need to stop and come back to finish.

