



HealthyPeople

WELLNESS EXAMS • TAKE CHARGE OF YOUR HEALTH

Your yearly wellness exam can help find problems early or even **prevent health problems** before they occur. If problems are discovered early, they may be easier to treat and less likely to pose serious risks to your health.

WHAT IS A WELLNESS EXAM?

A wellness exam is an **annual comprehensive preventative exam** with your primary care provider for the sole purpose of preventative care. It may include the following:

- **Discussions of health topics** relevant to your age and risk factors
- **Exams** (Routine check-ups, yearly exams and annual pap or preventative visits)
- **Discussions regarding screening** tests and immunizations

Wellness exams typically do not include a discussion of new problems or a detailed review of chronic conditions.

IMPORTANCE OF WELLNESS EXAMS

The saying, “an ounce of prevention is worth a pound of cure” is particularly true when applied to health care. When you schedule your annual wellness exam, you are making an important decision to take responsibility for your health and overall quality of life.



NATIONAL BLOOD DONOR MONTH

National Blood Donor Month has been observed in January since 1970 with the goal of increasing donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs.

Inclement winter weather often results in cancelled blood drives, while seasonal illnesses may cause some donors to become temporarily unable to donate. The Red Cross urges healthy donors to keep their appointments during winter months. Each appointment kept, and each donation given, offers hope to a patient in need. **Blood can be safely donated every 56 days** and **platelets can be given every seven days** – up to 24 times a year.

DONATE TODAY

Individuals who are 17 years of age (16 with parental consent in most states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. For more information, or to schedule an appointment to donate:

- Call **1-800-RED CROSS** (1-800-733-2767)
- Visit **redcrossblood.org**.
- Download the free Red Cross Blood Donor App