

Action Steps
for **Wellness**



Daily Dose of Health[®] 2011 Calendar



Medical ID Card

Name: _____

Birth Date: _____

Address: _____

City: _____ State: ____ Zip: _____

Emergency Contacts

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Medical Conditions: _____

Medicines You Take: _____

Emergency Medicine: _____

Allergies: _____

Blood Type: _____

Organ Donor: Yes No

Advance Directive for Health Care:

Yes No

Medical Information

Doctors / Health Care Providers

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Name: _____

Phone #: _____

Pharmacy: _____

Health Insurance Information

Company: _____

Phone #: _____

Policy #: _____

Medical Conditions

Surgeries

Family Medical Conditions

Healthy Weight Move more. Eat fewer calories.

Like interest on a credit card, extra calories turn into body fat which is hard to “pay off.” To tip the scale in your favor, expend more energy and spend less on calories. Place a check mark (✓) next to action steps you will do.

- Sit less. Spend more time being active.
- Limit TV time. Hours watched per day the start of this month: ____; at the end of this month: ____.
- Exercise while watching TV. (Walk in place. Ride a stationary bike. Lift dumbbells.)
- Walk more throughout the day.
- Use a pedometer to track your steps. Set a goal to be able to walk 10,000 steps a day.
- Drink water before meals. Sip water during meals.
- Limit high calorie foods, such as desserts. Start by eating half of what you usually eat.
- Limit portions. Eat slowly.



Action Step

Wear a pedometer at least one day this month. The first time you wear it, write how many steps you took on this line. _____

2011 January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			December 2010 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	Monthly Observances Cervical Health Awareness cervicalcancercampaign.org Glaucoma Awareness preventblindness.org	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Healthy Weight Week	Martin Luther King Jr. Day					
23	24	25	26	27	28	29
30	31					

Heart Health - To help lower your risk for heart disease, adopt simple changes.

Be fussy about the fats you eat. Read food labels.

Choose these:	Instead of:
Olive oil, canola oil	Trans fats (hydrogenated oils)
Almonds and walnuts	Cheese puffs
Salmon	Chuck roast

- Eat apples, oranges, oat bran, oatmeal, beans, and peas. These have a type of fiber that helps lower cholesterol.
- Replace a half-hour of watching TV with a half-hour walk.
- To help lower cholesterol, consider using spreads that have plant sterols and stanols. Examples are Take Control and Benecol brands.
- Add more minutes or steps of walking every day until you reach at least 30 minutes or 10,000 steps a day.
- Walk the stairs more.
- Avoid secondhand smoke. If you smoke, get help to quit. Take it one day at a time.



Action Step

Every day for a year, walk an extra two flights of stairs. Doing this burns enough calories to lose almost two pounds of body fat.

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2011 S M T W Th F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	March 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
			Groundhog Day	Chinese New Year	Wear Red Day	
6 Burn Awareness Week	7	8	9	10	11	12 Lincoln's Birthday
13	14 	15	16	17	18	19
	Blood Donor Day	National Flag Day (Canada)			Women's Heart Health Day	
20 Eating Disorders Awareness Week	21 Presidents' Day	22 Washington's Birthday	23	24	25	26
27	28	Monthly Observances Cancer Prevention aicc.org Heart Health Awareness americanheart.org Wise Health Consumer HealthyLife.com				

Healthy Eating

Make healthy food choices. Focus on “L” words.

- **Less** high calorie, high-fat foods
- **Lean** or low-fat meat, chicken, turkey, and fish
- **Low-fat** and nonfat dairy foods
- **Limit** portion sizes for meals and snacks.
- **Labels.** Read “Nutrition Facts” on food labels. Choose foods that give dietary fiber, vitamins A and C, calcium and iron. Choose foods that are low in fat, sugar, calories, and sodium.

Eat fewer calories with simple changes.

Choose these:	Instead of these:	Calories saved:	Fat grams saved:
1 slice wheat toast & ½ tsp. jelly	1 cake doughnut	110	9
½ cup nonfat vanilla frozen yogurt	½ cup vanilla ice cream	60	7
Burger King Jr. Whopper	Burger King Whopper	300	20



Action Step

Choose fruit instead of high calorie desserts. At a restaurant, ask if you can get fruit for dessert, even if it is not on the menu.

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	April 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2	3	4	5
6	7	8	9 Ash Wednesday	10	11	12
13 Daylight Saving Time Begins (Turn clocks ahead one hour)	14 Problem Gambling Awareness Week	15	16	17 	18	19
20 Poison Prevention Week Spring Begins	21	22	23	24	25	26
27	28 Sleep Awareness Week	29	30	31 Kick Butts Day	Monthly Observances Colorectal Cancer Awareness cancer.gov Nutrition Awareness eatright.org	

Manage Stress

Address stress in your life.

- A**void things that cause stress, as much as you can.
- D**o something that you enjoy and look forward to doing.
- D**evelop a positive attitude.
- R**elax with deep breathing, soothing music, or quiet time.
Take a warm shower or bath.
- E**xercise every day. Walk or do another aerobic activity. Do stretching and strengthening exercises, too.
- S**hare your feelings and frustrations with a good listener.
- S**olve problems that you can. Learn to accept or tolerate things that you cannot change or control.

Manage Stress Exercise

Sit in a comfortable chair.

Close your eyes.

Take a deep breath.

Hold it in for three seconds then blow the breath out.



Repeat several times.



Action Step

Visit a happy and relaxing place, in person, or in your mind. Recall places you have been that have brought you joy.

April²⁰¹¹

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		March 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	May 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Alcohol Awareness ncadi.samhsa.gov Cancer Control cancer.org STD Awareness ashstd.org	1 April Fool's Day	2 Alcohol Free Weekend
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Palm Sunday	Passover Begins at Sundown	Passover			Good Friday	
24	25	26	27	28	29	30
Easter	Easter Monday (Canada)		Administrative Professionals Day			

Healthy Sleep

Reap the benefits of sleep.

Sleep helps prevent and control weight gain, diabetes, heart disease, and high blood pressure. It also helps your immune system fight infections.

Reap the Benefits of Sleep Checklist

- Plan to wake up at the same time every day, even on weekends. When you wake up, get exposure to bright light.
- Get sunlight every day, especially in the afternoon.
- Exercise daily, but not within a few hours of bedtime.
- Limit caffeine. Have none within six hours of bedtime.
- Have no more than one alcoholic drink with or after dinner.
- Dim the lights in the house one to two hours before bedtime.
- Follow a bedtime routine. Take a warm bath or read a book.
- Keep the room cool, dark, and quiet.
- Sleep on a mattress and pillow that feel right for you.



Action Step

Adults average about six hours of sleep a night. Try to get seven to eight hours of sleep a night.

2011 May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 <small>Cinco de Mayo</small>	6	7
8 <small>Women's Health Week Mother's Day</small>	9	10	11	12	13	14
15	16	17	18 <small>Employee Health & Fitness Day</small>	19	20	21
22	23 <small>Buckle Up America Week Victoria Day (Canada)</small>	24	25	26	27	28
29	30 <small>Memorial Day</small>	31 <small>World "No Tobacco" Day</small>	April 2011 S M T W Th F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	June 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Monthly Observances Better Hearing & Speech asha.org High Blood Pressure nhlbi.nih.gov Osteoporosis nof.org	

Focus on Fitness
Find the Fun in Fitness.

Chances are if you enjoy the physical activities you do, you will do them more often.

- Do activities you had fun with in your youth. Did you like to swim? Play soccer? Hula hoop? Jump rope? Do these with your kids and grandkids. Do them on your own.
- Get fit with a friend or family member. Walk together. Take a yoga class together.
- Join a dance or other class or sports team.
- Take part in an awareness event, such as Susan G. Komen 3-Day for the Cure™!
- Walk the dog! If you don't have one, walk with your neighbor when he or she walks the dog.
- Do activities you enjoy outdoors. Garden. Wash the car.
- Walk or pedal indoors while you watch TV.
- For birthdays or special rewards, ask for gifts that will help make it fun for you to exercise, such as new workout clothes and shoes.



Action Step

Keep using a pedometer to track your steps. How many steps are you up to? _____

2011
June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	July 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Home Safety <i>homesafetycouncil.org</i> National Safety <i>nsc.org</i>	1 Headache Awareness Week	2	3	4
5	6 Cancer Survivors Day D-Day	7	8	9	10	11
12 Children's Day	13 Men's Health Week	14	15	16	17	18
19 Father's Day	20	21 Summer Begins	22	23	24	25
26	27 HIV Testing Awareness Day	28	29	30	 	

Sun Safety

Have fun while staying safe in the sun.

Safety Checklist

- Wear sunscreen with a sun protection factor (SPF) of 15 or higher that blocks both UVB and UVA rays.
- Limit time in the sun, especially from 10 a.m. to 3 p.m. standard time (11 a.m. to 4 p.m. daylight saving time).
- Wear long sleeves, pants, and wide-brimmed hats.
- Wear clothing with sunscreen protection.
- Spend outdoor time in shaded areas, such as under a large umbrella or a pavilion.
- Wear sunglasses that protect against both UVB and UVA rays.
- Ask your doctor if any medicines you take make your skin more sensitive when you are in the sun.
- Drink plenty of water. Limit alcohol. Be sober when you drive a boat or other vehicle.
- Follow safety rules and wear personal flotation devices.
- Take CPR and water safety courses. Learn about these from americanheart.org and redcross.org.



Action Step

Discuss with your doctor how to get your daily need for vitamin D. Fifteen minutes of midday sunshine on your skin (without sunscreen) may meet your daily needs.

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		June 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	August 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Eye Injury Prevention aao.org	1 Canada Day	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Control Calories Rethink your drinks.

Calories from everything you drink can really add up. Decide if you want to spend your calories on drinks.

Choose these:	Calories	Instead of these:	Calories
Dannon Light & Fit 0 + Smoothie (7 oz.)	90	Sonic Drive in Smoothie (15.3 oz.)	460
Small café latte (12oz.) made with fat-free milk	125	Medium café latte (16 oz.) made with whole milk	265
Black coffee (12 oz.)	0	Frappaccino Caramel (12 oz.)	250
Iced tea no sugar (16 oz.)	0	Sweet tea (16 oz.)	110
		Long Island iced tea (16 oz.)	532
Water with a lemon or lime	0	Lemon-lime soda (12 oz.)	144
Dry white wine (5 oz.)	120	Frozen Margarita (5 oz.)	230



Action Step

Choose warm or iced tea or water instead of diet and regular soda. Having just two 12-ounce regular sodas a day could add 30 pounds of weight in one year.

2011 August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 Breast-feeding Week Civic Holiday (Canada) Ramadan Begins	2	3	4	5	6
7	8 Health Center Week	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Ramadan Ends	31	September 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Monthly Observances Cataract Awareness aao.org Immunization Awareness cdc.gov	

Healthy Aging

Take every day steps to add years to your life.

- Choose mostly plant foods. Eat at least five servings of fruits and veggies a day. Choose ones of different colors.
- Limit red meat. Avoid meats with nitrates and nitrites and a lot of salt. Examples are ham, hot dogs, and smoked sausage.
- Be physically active for 30 or more minutes every day.
- Take medicines as prescribed.
- Wash your hands often.
- Brush your teeth twice a day. Floss every day.
- Have some, but not too much alcohol.

Who?	How much alcohol?
Men	Up to 2 drinks a day
Women and persons age 65 years and older	Up to 1 drink a day
One drink =	4-5 oz. of wine 1½ oz. whiskey, gin, or vodka 12 oz. regular beer or wine cooler



Action Step

Try two or more fruits and veggies that you have not eaten before. Look for these at a local market or store and at www.fruitsandveggiesmatter.gov

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	October 2011 S M T W Th F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Cholesterol Education nhlbi.nih.gov Pain Awareness painfoundation.org	1 Childhood Injury & Prevention Week	2	3
4 Suicide Prevention Week	5 Labour Day (Canada) Labor Day	6	7	8	9	10
11 Patriot Day	12	13	14	15	16	17
18	19	20 Take a Loved One to the Doctor Day	21	22	23	24
25 Adult Immunization Week	26	27	28 Rosh Hashana Begins at Sundown	29 Rosh Hashana	30	

Make Wise Choices
Eating out shouldn't fill you out.

Healthy Eating Out Checklist

- If you know the restaurant you are going to, check to see if it has a menu online. Choose healthy options before you go.
- Ask for nutrition information at fast food restaurants. Or, get this from their Web sites, such as wendys.com.
- Ask for half orders or share an order with someone. Or, when you order your meal, ask for a carry out container. Put half of your food in the container before you eat.
- Take control. Ask for baked, broiled, roasted, and steamed foods instead of ones that are fried. Ask for a fruit, a salad, or a vegetable instead of French fries.
- Limit serving sizes.
- Choose foods with fiber, such as veggies and fruit.
- Order water with lemon or lime. Calories from alcoholic beverages add up. The bill costs more, too.



Action Step

When you eat out and don't have fruits or veggies with a meal, plan to have them for a snack.

2011
October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			September 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	November 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Monthly Observances Breast Cancer Awareness nbcam.org Depression & Mental Health mentalhealthscreening.org	1
2 Mental Illness Awareness	3 Child Health Day		5	6	7 Yom Kippur Begins at Sundown	8 Yom Kippur
9	10 Thanksgiving Day (Canada) Columbus Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 Mammography Day	29
30	31 Halloween		Lung Health Day			

Know Your Health Numbers
 Keep track of health screening tests.

Screening Test	Target Goals	My Goals (mm Hg)	Keep Records
Blood pressure	< 120/80	_____	_____
If have HBP	< 140/90	_____	_____
If African American	< 130/80	_____	_____
If have diabetes or kidney disease	< 130/80	_____	_____
Blood cholesterol			
Total	< 200 mg/dL	_____	_____
LDL-cholesterol	< 130 mg/dL	_____	_____
HDL-cholesterol			
Men	≥ 40 mg/dL	_____	_____
Women	≥ 50 mg/dL	_____	_____
Blood Triglycerides	< 150 mg/dL	_____	_____
Blood glucose	≤ 99 mg/dL	_____	_____



Action Step

Get your blood pressure, blood cholesterol, and blood glucose levels tested as often as advised by your doctor. Schedule tests you need today.

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	December 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6 Eid al-Adha Daylight Saving Time Ends (Turn clocks back one hour.)	7	8	9	10	11 Remembrance Day (Canada) Veterans Day	12
13	14 World Diabetes Day	15	16	17	18 Great American Smokeout	19
20 Child Day (Canada)	21	22	23	24 Tie One On for Safety (through December 31st) Thanksgiving Day	25	26 Islamic New Year
27	28	29	30	Monthly Observances American Diabetes diabetes.org COPD Awareness aacr.org Lung Cancer Awareness alcase.org	 	

Deal with Holiday Stress.

Focus on healthy ways during these hectic days.


- Make a "To Do" list. Rank order tasks.
- Try not to isolate yourself. Be with people you trust and feel safe with, even if you feel down. Volunteer to help others.
- Know your alcohol limit and stick to it. After having one or two drinks with alcohol, drink ones without alcohol.
- Focus more on fun with family and friends than on food.
- Eat at regular times. Do not skip meals. Limit sweets.
- Deal with emotions without overeating.
 - **For anger.** Take three or four slow, deep breaths. Take a walk until you can calm down.
 - **For anxiety.** Relax with soothing music or yoga. Meditate.
 - **For boredom.** Exercise. Do an activity that does not involve eating.
 - **For depression.** Be with someone who helps lift your mood. If depression lasts longer than two weeks, contact your doctor.



Action Step

Set a new healthy tradition for the holiday season. Plan a holiday fitness day with family or friends. Redo recipes to lower fat, sugar, sodium, and calories.

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	November 2011 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	January 2012 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Monthly Observances Drunk & Drugged Driving Prevention ncadd.com Red Ribbon Campaign nhtsa.dot.gov	1	2	3
4 Hand Washing Awareness Week	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26 Boxing Day (Canada) Kwanzaa Begins	27 Chanukah Begins at Sundown	28 Chanukah	29 Winter Begins	30	31 New Year's Eve

Tell & Ask the Doctor Checklists

Before a Doctor/Provider Visit or Call Checklist

- Your signs and symptoms. Give them in the order they occurred. State what makes them better or worse.
- Results of home testing, such as your temperature.
- Medicines you take.
- Allergies to medicines, food, etc.
- Family and personal medical history.
- Your eating, drinking, and sleeping habits. How much daily/weekly exercise you get. Your sexual functioning, etc.
- Concerns you have about your health. What you think caused the problem.
- What you would like the doctor to do for you.
- Your pharmacist's phone number and fax number.
- If you have recently had lab tests, X-rays, etc. from other health care providers, if you can, take the results with you. Or, if time permits, have these sent to your doctor before you see him or her.

Make a custom list of questions to ask from www.ahrq.gov/questionsaretheanswer.

You might want to ask someone to go with you to help you ask questions and remember answers. Find out if you can record the discussion.

During the Doctor/Provider Visit or Call Checklist

- Have the information from the checklist, above, to refer to or to show your doctor.
- Ask questions. Write down the answers.
Examples of questions to ask:
 - What do you think the problem or diagnosis is?
 - What, if any, tests are needed?
 - What do I need to do to treat the problem?
 - Do I need to take medicine?
 - How can I prevent the problem in the future?
 - Where can I get more information?
 - How are costs handled for this visit and for tests?
- Let your doctor know if you need more time. If the doctor can't comply, ask if a physician assistant, nurse, etc. can talk to you then or later that day.
- Ask when you need to contact your doctor again.

After the Doctor/Provider Visit or Call Checklist

- Follow your doctor's advice.
- Call the doctor's office if you have questions.
- Tell your doctor if you feel worse, have other problems or side effects from the medicines, etc.
- Schedule tests and/or appointments, as advised.
- If you had tests and did not get the results, call your doctor.
- Keep return visit appointments.

If you are not satisfied with the service you get, discuss your concerns with the doctor or health care provider. If you are still not satisfied, consider using another provider.

Keep Track of Health Screenings & Vaccines

Use this calendar to schedule and remind you of health screenings and vaccines that you need this year. Health tests screen for problems which are easier and less costly to treat when found early. Early treatment helps prevent more serious problems. (**Note:** General guidelines are given. Follow your primary health care provider's advice for screenings and vaccines.) Get more information on screening tests from the Agency for Healthcare Research and Quality at www.ahrq.gov.

<i>Screening Test or Exam</i>	<i>How Often</i>	<i>Date Last Given</i>	<i>Results</i>
Blood Pressure	Every visit	_____	_____
Body Mass Index (BMI)	Yearly	_____	_____
Body Weight	At each visit	_____	_____
Cholesterol:	As advised	_____	_____
Total		_____	_____
LDL-cholesterol		_____	_____
HDL-cholesterol		_____	_____
Triglycerides		_____	_____
Colorectal Cancer (Ages 50-75; Discuss methods and how often to be screened with provider.)		_____	_____
Dental Checkup	1-2 times a year	_____	_____
Tobacco, alcohol, depression	Yearly	_____	_____

For Men

Prostate Cancer (Ages 50-69: Discuss methods and how often to be screened with provider.)		_____	_____
Abdominal Aortic Aneurysm (Ages 65-75 for men who have ever smoked)		_____	_____

Keep Track of Health Screenings & Vaccines, continued

<i>Screening Test or Exam</i>	<i>How Often</i>	<i>Date Last Given</i>	<i>Results</i>
<i>For Women</i>			
Pap Test			
Ages 21-65	At least every 3 years	_____	_____
Age 65+	As advised	_____	_____
Chlamydia			
Ages 24 and younger	As advised	_____	_____
Age 25+	If at high risk, as advised	_____	_____
Breast Exam by Doctor or Nurse			
Age 40+	Discuss with doctor	_____	_____
Osteoporosis			
As advised age 65+ _____			
(Younger if your risk for fractures is same or greater than that of 65-year-old woman)			

Vaccine

Tetanus/Diphtheria	Every 10 years	_____	_____
Seasonal Flu	Every year	_____	_____
Pneumococcal	Once at age 65+ (May need sooner. May need booster shot.)	_____	_____
Zoster (Shingles)	Once at age 60+	_____	_____

Other Vaccines

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Get information on vaccines from 1.800.CDC.INFO (232.4636) or www.cdc.gov/vaccines.

