

Physical Exams

All adults should visit their health care provider from time to time, even if they are healthy. The purpose of these visits is to:

- Screen for diseases
- Assess risk of future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Maintain a relationship with a health care provider

Talk with your doctor about how frequently you should have a physical exam. This depends on a number of factors:

- Your age
- Existing health conditions
- Family history
- Social history
- Living and working conditions

