



Are you scheduled?






# Annual checkups

Consider this your mid-year check-in about your annual checkup.

Prevention can truly be the best medicine. Aside from eating well, exercising regularly and getting enough rest, it's important to get your annual wellness exam, also known as your annual checkup.

If you need more health services, counseling or screenings, your doctor will let you know what you need and when. Staying on top of these regular visits is important, because they help confirm you're healthy or detect conditions early, often before you have symptoms. When you find conditions early, you can prevent them from getting worse or even reverse them.

## Screenings can help detect:

-  Diabetes
-  High blood pressure
-  Heart disease
-  Kidney disease
-  Cancers and more<sup>1</sup>



# Be prepared and do your homework

## Before your visit:<sup>2</sup>

- ✓ **Make a list** of the medications and supplements you take, illnesses, operations, chronic conditions, all of the doctors you see and anything you are allergic to, especially medications.
- ✓ **Get recent lab** and other test results
- ✓ **Write down any questions** you have for your doctor
- ✓ **Note any changes** to your overall health or lifestyle since your last visit

## During your visit:

- ✓ **Keep a notebook handy** so you can write down key points from your healthcare team
- ✓ **Invite a friend or family member** for support, to ask questions or take notes for you
- ✓ **Ask if it's beneficial** to have a 90-day prescription if you're taking any long-term medications

**Stay on top of your health and you'll be ready to roar into the second half of the year. Let's go!**

Learn how we can help support you on your wellness journey.  
To sign up or learn more, go to  
[Go.Livongo.com/STATEOFIOWA/New](https://www.livongo.com/STATEOFIOWA/New).

<sup>1</sup><https://health.gov/myhealthfinder/doctor-visits/screening-tests>

<sup>2</sup><https://www.nia.nih.gov/health/medical-care-and-appointments/how-prepare-doctors-appointment#take>

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite [Hola.Livongo.com/STATEOFIOWA](https://www.livongo.com/STATEOFIOWA)

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