



# Healthy Solutions

Health and wellness information to help you live your best life.

## Your partner in prevention

Have questions about what screenings and health tests you need this year?

Visit the health center to discuss your preventive health. Call 765.747.3888 today and schedule your appointment.

## Learn more

Visit these websites:  
[iuhealth.org/blog](http://iuhealth.org/blog)  
[cancer.org](http://cancer.org)  
[smokefree.gov](http://smokefree.gov)

## Coming next year

Look for issues of Healthy Solutions in 2016. The newsletter is your “go-to” resource for information about health and wellness and also offers reminders about how the health center can meet your health needs.

## Preventive health resource: **checkup checklist**

Maintaining good health is a year-round priority. That's why it's important to talk regularly to your doctor or the healthcare provider at the health center about the preventive health screenings and measures you should take each year.

Below is a checklist of screenings, tests, exams and other health initiatives to discuss with your doctor:

### All adults

- Annual well exam or physical
- Blood pressure check
- Cholesterol screening
- A1C (blood glucose)
- Colon cancer screening
- Vision test/eye exam
- Dental checkup
- Other immunizations

### Women

- Mammogram
- Pap test
- Bone density test/osteoporosis screening

### Men

- Prostate cancer screening

## Get the scoop: **Facts about immunizations**

Your doctor or the health center provider can answer specific questions about vaccines, but generally, adults should keep the following guidelines in mind:

- Yearly flu shot (preferably in October before flu season begins)
- After age 19, one tetanus-diphtheria and acellular pertussis (Tdap) vaccine, then a tetanus-diphtheria booster every 10 years
- Two doses of varicella vaccine if you were born after 1980 and never had chickenpox or the varicella vaccine
- Ask about the human papilloma virus (HPV) vaccine if you are between ages 18 and 26 and have not received the vaccine.



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