

It's a new year and we want to remind you continue to take care of yourself! Whether you're in great health or working on it, your annual check-up is one of the most important appointments of the year. This is your scheduled, one-on-one time with your health care provider to discuss any concerns, get preventive care and screenings, and set health goals for the year. Preparation is key to make sure you get the most out of your time.

## What is a Preventive Health Screening?

Preventive health screenings help you understand your risk for developing chronic conditions before symptoms are present, while you can still take action.

### 5 Ways to Prepare for Your Annual Checkup

1. Gather your medical history.
2. Bring a list of your medications.
3. Bring your notes.
4. Invite a buddy.
5. Ask about tests.

Finally, after your appointment, make sure to schedule your next one. Aim to go around the same time of year. Put the appointment in your calendar and then set a reminder.

Additional ways to prepare:

- Jot down ahead of time any personal and family health issues such as cancers or diseases as well as age and date of diagnosis.
- Bring a list of the medications and dosages you currently take. This includes vitamins, herbs, and other supplements.
- Don't rely on memory alone. Write down any questions you have beforehand. Recording key information such as diet changes, sleep habits or other health concerns can be helpful. Make your goals specific.
- If permitted, ask a friend or family member to support you at your appointment if needed. Sometimes having an extra set of eyes and ears can help clarify and reinforce any next steps.
- Ask about scheduling preventive screenings such as colon cancer screenings or mammograms.

### Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [Centers for Disease Control and Prevention](#)
- [Free webinars](#) sponsored by Kaiser Permanente – open to all employees.

## Seize The Year! January Events:

# Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

Each week, Level Up will raffle off **three items**:

- **One Fitbit Ionic**
- **One Sonicare Electric Toothbrush**
- **One Hamilton Beach Big Mouth Plus 2-Speed Juicer**



**To be entered into the random drawing each week, you must register and attend at least one (1) webinar scheduled for that week.** Prize winners will be announced during the weekly Wellness Wednesday articles.

Office of Human Resources Management  
Level Up – Employee Wellness Program  
1400 McCormick Drive, Suite 351  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)



Angela D. Alsobrooks  
County Executive