

Connect the dots for better health

You've completed the Health Risk Assessment, now what?

Connect with your doctor if you have specific questions regarding your health.

Be extra safe by wearing your seatbelt, limiting alcohol, staying away from drugs, and excessive amounts of sun.

Visit your doctor for an annual exam, plus a dentist visit twice a year.

Once approved by your doctor, get at least 150 minutes of physical activity each week, plus two strength training exercises.

Eat a balanced diet, limit the ultra-caffeinated or sugar-sweetened beverages each day.

Find ways to reduce stress, such as meditation, yoga, visiting with a friend or family member.

Find opportunities to safely bike, walk, or roll to destinations such as work, school, or other community locations.

Reach out to a professional if you or a family member needs support with mental health, addictions, or other personal/family issues.

HEALTH SCREENINGS BY AGE



Visit your primary care doctor yearly to keep up on your health and be sure to ask what health screenings apply to you!

Everyone, every year:

- Flu vaccine
- Skin cancer screening (every 3 yrs btw ages 20 and 40, and every year for ages 40+)
- BMI and weight evaluation
- Depression screening

Other screenings:

- Blood pressure
- Lipid/cholesterol
- Diabetes
- HIV testing
- TDAP vaccine

Starting at 50+

- Colonoscopy (doctor may recommend 45+)
- Hepatitis C Screenings
- Lung cancer screening
- Shingles vaccine

Starting at 60+

- Osteoporosis screening: at 65+ if at risk

- Pneumococcal vaccine at 65

*Please contact your doctor for specific screening recommendations

Gender Specific

- Women starting at 20+ pap smear cervical cancer screening
- Women starting at 40+ mammogram
- Men starting at 50+ prostate cancer screening
- Men starting at 60+ abdominal aortic aneurysm screening at 65+

Panhandle Public Health District (PPHD) programs and services

Reach out to learn more!!!

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| <ul style="list-style-type: none">• Alcohol Education• COVID Vaccination• Colorectal Cancer Screening• Health Coaching• Healthy Families• Living Well• Mental Health Referral | <ul style="list-style-type: none">• National Diabetes Prevention Program (NDPP)• Opioid Education• Seatbelt Safety• Suicide Prevention• Sun Exposure• Tobacco Cessation |
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Please reach out if you have questions regarding your assessment results or programs available, contact:

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www.pphd.org & www.pphd.org/pwwc.html