

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 healthcare 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.

**By the way, have you signed up for [the BurnAlong Total Well-Being Journey Challenge](#)?** You could win BIG by putting your health first – [sign up today!](#)

## **Gather Your Medical History**

Jot down ahead of time any personal and family health issues such as cancers or diseases as well as age and date of diagnosis.

## **Carry A Medication List**

Bring a list of the medications and dosages you currently take. This includes vitamins, herbs, and other supplements.

## **Bring Your Notes**

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.

## **Ask About Tests**

Ask about scheduling preventive screenings such as colon cancer screenings or mammograms.

## **Schedule Your Next Appointment**

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 Resources**

- [BurnAlong](#)
- [Omada Health](#)
- [Centers for Disease Control and Prevention](#)

## Show Your Support

During the first Friday of each February, the nation comes together, igniting a wave of red from coast to coast. [Go Red for Women](#) is an American Heart Association movement to increase heart health awareness and improve the lives of women globally. Since 2004, it has harnessed the energy, passion, and power of women to band together and wipe out cardiovascular disease — their leading cause of death that claims the lives of one in three. It challenges every woman to know her personal risk for heart disease and stroke and take action to reduce it.

**National Wear Red Day is Friday, February 2.** Send a photo of you creatively wearing red at [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) and you could win a special prize!

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