



How often do I need a physical examination (check-up)?

Talk to your doctor about what is best for you.
This chart can give you general information.

AGE	PHYSICAL EXAM
19-39	Women: every 3 to 5 years Men: every 5 years
40-49	Every 2 years
50-64	Every year
65 or more	Every year

Write about you...

I am _____ years old.

I need a check-up _____.