

## CHECKLIST FOR AN ADULT



# CHECKUP CHALLENGE

Join the Checkup Challenge to make sure every aspect of your health is covered.

Check all the boxes for your healthcare:

- Get new health issues diagnosed.
- Schedule an annual physical.
- Maintain appointments for chronic conditions or injuries.
- Get flu vaccination.
- Stay active – mentally and physically.
- Get preventive care screenings.
- Make sure medications are getting refilled.
- Schedule regular vision and hearing screenings.
- Schedule regular dental appointments.



PeaceHealth

To schedule an appointment, visit:  
[peacehealth.org/schedulevisit](https://peacehealth.org/schedulevisit)