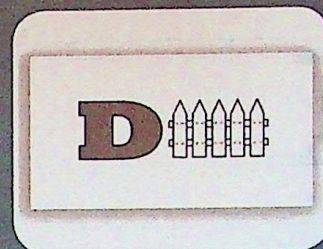
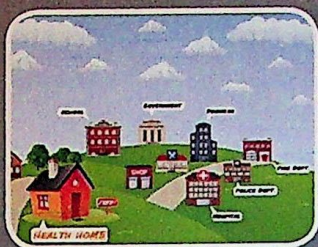


The Best Defense is a Good Offense



A Tool to Help You Manage & Maintain Your Health with Preventive Care







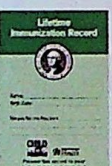




My Preventive Health

Name: _____

Today's Date: _____

Completion Date: _____

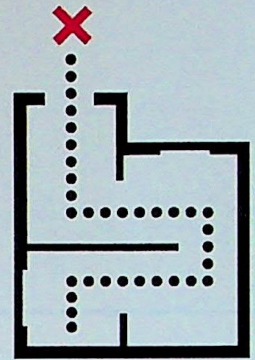
You have more power over your health than you may believe. In addition to your ability to exercise, eat right, manage stress and other lifestyle behaviors, you can maintain your health by engaging in a few important preventive measures. The chart below will walk you through the most effective measures to prevent and detect health concerns before they become major issues. Think of these preventive measures as a window to your body providing you the information necessary to manage your health.

Preventive Measure	Date completed	Result	Goal
 I visited MY health provider for a yearly check-in			
 Blood Pressure (Systolic/Diastolic)			
 Cholesterol		Total: HDL: LDL:	
 Blood Sugar		_____ mg/dL	
 Body Mass Index Waist: Hip Ratio			
 Weight		_____ lbs	
 I am up to date on my immunizations and I have recorded these in my immunization booklet <small>(link to: http://www.doh.wa.gov/cfh/childprofile/documents/immrecord.pdf)</small>			
 Annual flu shot			
 I am up-to-date on my age & gender appropriate health screens <small>(link to: http://whf.org/my-health/my-wellness-plan)</small>			
 Vision			
 Hearing			

What do I need to change?



How do I plan to do it?



How will I stay on track?

