

Wellness Wednesday

Wellness Check-Ups

WHY GETTING A REGULAR FULL-BODY HEALTH CHECK-UP IS MORE IMPORTANT THAN YOU THINK



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10 TIPS FOR A SUCCESSFUL HEALTH CHECK-UP



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- **It makes a difference between cure and succumbing**
- **It can detect anomalies in family history**
- **It can help you understand the effects of your lifestyle**
- **They can help you understand the functioning of various organs**

If you have any of the following, consider scheduling an appointment with your primary care provider.

- **Frequent headaches**
- **Lethargy**
- **Nausea**
- **Chest pain**
- **Abdominal pain**
- **Insomnia**
- **Stress**

- 1. Get a good night's sleep**
- 2. Avoid salty and fatty foods**
- 3. Do not consume caffeine or alcohol**
- 4. Stay hydrated**
- 5. Do not exercise beforehand**
- 6. Know and disclose your medications**
- 7. Time your check-ups based on your menstrual cycles**
- 8. Bring along your medical history**
- 9. Review your family health**
- 10. Schedule your check-up early in the morning**