Well Visit, Ages 18 to 65: Care Instructions

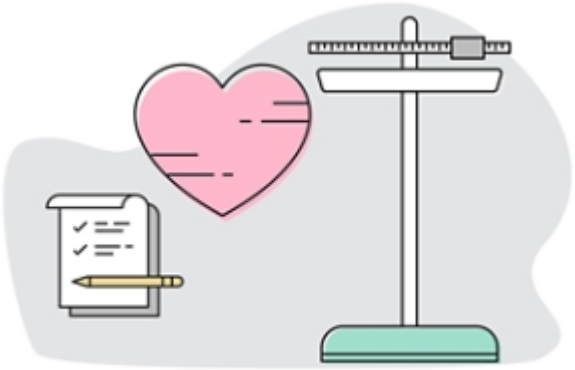
Well visits can help you stay healthy. Your doctor has checked your overall health and may have suggested ways to take good care of yourself. Your doctor also may have recommended tests. You can help prevent illness with healthy eating, good sleep, vaccinations, regular exercise, and other steps.

Get the tests that you and your doctor decide on. *Depending on your age and risks, examples might include screening for diabetes; hepatitis C; HIV; and cervical, breast, lung, and colon cancer. Screening helps find diseases before any symptoms appear.*

Eat healthy foods. *Choose fruits, vegetables, whole grains, lean protein, and low-fat dairy foods. Limit saturated fat and reduce salt.*

Limit alcohol. *Men should have no more than 2 drinks a day. Women should have no more than 1. For some people, no alcohol is the best choice.*

Exercise. *Get at least 30 minutes of exercise on most days of the week. Walking can be a good choice.*



Reach and stay at your healthy weight. *This will lower your risk for many health problems.*

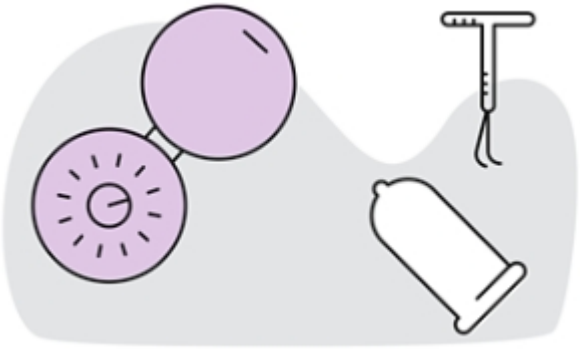
Take care of your mental health. *Try to stay connected with friends, family, and community, and find ways to manage stress.*

If you're feeling depressed or hopeless, talk to someone. *A counselor can help. If you don't have a counselor, talk to your doctor.*

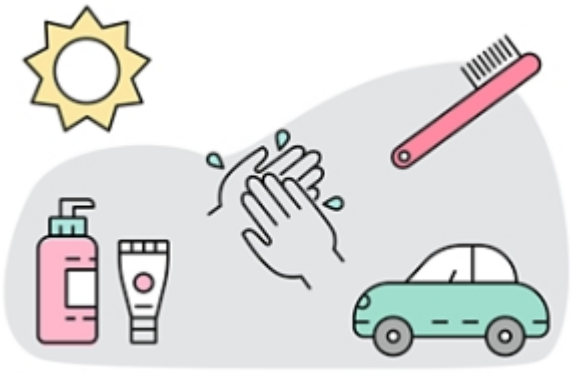
Talk to your doctor if you think you may have a problem with alcohol or drug use. *This includes prescription medicines and illegal drugs.*

Avoid tobacco and nicotine: Don't smoke, vape, or chew. *If you need help quitting, talk to your doctor.*

Practice safer sex. *Getting tested, using condoms or dental dams, and limiting sex partners can help prevent STIs.*



Use birth control if it's important to you to prevent pregnancy. *Talk with your doctor about your choices and what might be best for you.*



Prevent problems where you can. *Protect your skin from too much sun, wash your hands, brush your teeth twice a day, and wear a seat belt in the car.*

Where can you learn more?

Go to https://www.healthwise.net/patiented

Enter **P072** in the search box to learn more about **"Well Visit, Ages 18 to 65: Care Instructions".**

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