

We're here to help you **BE WELL IN YOUR**

40s



A CHECKLIST of General Health Actions for **MEN AND WOMEN** in their 40's



Schedule an **ANNUAL PHYSICAL EXAM** with your
Methodist Physician Group Primary Care Physician

Ask your **Primary Care Physician** to arrange:

• **CHOLESTEROL SCREENINGS**

• **DIABETES SCREENING** — A1C Blood Test

• **COLON CANCER SCREENING** — Get your first colonoscopy or Cologuard by age 45,
then a colonoscopy every 10 years or Cologuard every 2 years unless more frequent
screenings are recommended by your doctor

• **BLOOD PRESSURE CHECK**

• **OBESITY SCREENING** (BMI check)

• **DEPRESSION SCREENING**

• **HEART SCAN** for men and women with certain cardiovascular risk factors

• **SKIN CANCER SCREENING** by your primary care physician or dermatologist
for those at high risk or with a suspected problem

Call our 24/7 Physician Referral Line at 1-888-909-DOCS, or visit MethodistHospitals.org/40s
to meet Methodist Physician Group primary care physicians

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Health Actions for **WOMEN** in their 40's

ANNUAL MAMMOGRAM

Call 218-981-5440 to schedule your screening mammogram

PAP TEST

Every one to three years.

Call our 24/7 Physician Referral Line at 1-888-909-DOCS, or visit

MethodistHospitals.org/40s to meet Methodist Physician Group OB/Gyn physicians



Stay up to date with your **VACCINES** in your 40's

COVID-19

As recommended by CDC. Available by appointment at
Methodist Hospitals CareFirst-Schererville. Call 219-322-7143

INFLUENZA

Get your flu shot before every flu season at your Methodist Physician Group
primary care physician's office

TETANUS-DIPHTHERIA BOOSTER

Get your Tetanus-Diphtheria Booster every 10 years at your
Methodist Physician Group primary care physician's office



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