

# THE PICTURE OF HEALTH



## A CHECKLIST FOR HEALTH SCREENINGS BY AGE

Most people know to visit the dentist once every six months, but when was the last time you were screened for skin cancer? If you can't prevent a disease, catch it early. Use this guide to find out what tests to discuss with your doctor at each stage of your life.

- FOR PATIENTS AT HIGH RISK
- HIGHLY RECOMMENDED FOR ALL PATIENTS
- MODERATELY RECOMMENDED FOR ALL PATIENTS

*\*HIGH RISK: You use tobacco; are obese; have diabetes or high blood pressure; have a personal history of heart disease or blocked arteries; or a man in your family had a heart attack before age 50, or a woman before age 60*

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**hellawella**

MEN

AGE

WOMEN



Disclaimer: If you are at higher risk for any medical condition due to family history, alcohol or tobacco use, obesity, sexual activity or other personal factors, consult with your doctor regularly. These are general guidelines based on recommendations from the Centers for Disease Control and Prevention, American Cancer Society, American Diabetes Association, American Thyroid Association and U.S. Department of Health and Human Services. Your doctor will customize a screening schedule for you.