



# Maintaining Personal Health:

## What is an individual's health?

Health is a state of complete physical, mental and social well-being and not just the absence of disease

## What should I be doing to monitor my health?

When it comes to maintaining your health, it is very important to see a range of providers every year. This allows you to stay ahead of health problems by being proactive.

# Preventative and Proactive Care

## Taking Action

Being mindful of habits and the environments you are in helps you to be aware of how they can impact your health. Action can be taken to prevent sicknesses or diseases in the future. This can be done by seeing health care providers regularly and making mindful health decisions at home.

## What appointments should I be scheduling?



It is important for you to see a primary care doctor at least **1 time a year** for a routine check-up. They help you monitor your health and look out for any signs of physical or mental health problems.



Heart health is connected to dental health so you should be going to the dentist **every 6 months**. They will clean your teeth and look out for any problems with the health of your teeth.



Many people do not realize they have eye issues. Seeing an eye doctor **1 time a year** helps to maintain good vision and catch eye diseases early that have hard to notice symptoms.



Being mindful of your mental health is a key aspect of your overall health. Like many other specialties, you should seek out mental health treatment when needed. If you are able to financially, a yearly therapy appointment can provide substantial benefits to your overall health. Your primary care doctor should be helping you to identify these needs.



All women are different, and how often they visit a gynecologist will be determined by age, family history and personal preference. At **16-20** no pelvic exam is needed but it is good to get familiar with a gynecologist. At **21-29** the general standard is a pelvic exam and pap smear **1 time a year**. At **30-64** appointments can be made once every other year.

Telehealth can be used for many different types of appointments to help increase your access to care and improve your ability to maintain your own health.

## What can I be doing at home?



Getting outdoors and spending time in nature has been shown to boost mental and physical well-being. Being outside often improves your mood and for some people can lower stress levels and blood pressure.



A healthy diet is key to maintaining a healthy body. It is good to eat 2 servings of fruit and 2 servings of vegetables each day as well as servings of whole grains. Also, minimizing fat intake that is not from nuts, and limiting red meat to no more than 2 times a week. Try to eat white meats (fish and chicken) instead, and limit it to no more than 5 times a week.



Being involved in a social group, whether through work, school, religion or other, is important in having a healthy social well-being. At all ages, having healthy, well-balanced social relationships limits the feeling of isolation and helps with finding a self identity.



Keeping up with routine physical activity each week is great for heart and immune health. 30 minutes of moderate physical activity a day is a great goal for a healthy active life. This can be: walks, runs, bike rides, swimming, fitness classes or any other physical activity you enjoy.