

Living Well Tip of the Week

Scheduling regular health screenings allows people to develop a relationship with their doctor.

Tips on how to improve your health

- ✓ **Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and personal and family health histories.**
- ✓ **Find out what exams, tests, and shots you need and when to get them.**
- ✓ **See your doctor or nurse as often as he or she says to do so. See him or her sooner if you feel sick, have pain, notice changes, or have problems with medicine.**

Find more tools and resources available to you at your Living Well: Make it a Priority website at www.livingwell.utsystem.edu, make sure to visit the “Manage my Health” section.