Annual Checkup Meeting Kit

WHAT’S AT STAKE

GOOD HEALTH BREEDS PRODUCTIVITY

Safety and health issues are of paramount importance for every organization. Each business should think of their employees’ health, which is a key criterion to the success of the organization. Many companies have a specially designed wellness program or regular health initiatives for their workforce. The companies which have annual health checkup programs for their employees, witness increased efficiency and productivity among their team.

Employee wellness program brings tremendous benefits. Regular health checkups not only ensure your workforce is fit and efficient but it also connects them with the management in a better way.

Most of the organizations of different sizes have slowly started realizing the importance of a healthy workforce and have begun offering annual physical checkup packages and the investment helps reap many benefits.

WHAT’ S THE DANGER

ANNUAL CHECK UP

Detect Health Problems

There are many benefits of going for an annual checkup. The most obvious benefit is catching **problems** before they start or very early before they develop into something major. As we get older it is important to get screened for certain diseases. A few examples of things that could be screened for are skin cancer, breast cancer, cholesterol levels, high blood pressure, and prostate cancer.

Proactive VS Reactive

It is human nature to be reactive instead of being proactive in many aspects of life. Our health is one area where many people do not takes steps to improve it until after a problem occurs. This is a reactive approach. It is important to have a proactive approach in protecting your health. Going to your doctor for an annual checkup is an important part of a proactive approach towards maintaining good health.

QUESTION – WHY NOT HAVE ANNUAL CHECKUP?

There are some reasons but none of which have any validity or reasonableness.

- They use the excuse I feel healthy, nothing is wrong.
- Money issues or no insurance.
- They say they do not have time.
- They rather wait until they get sick or hurt.

Avoid a bigger problem later by addressing a smaller problem by going to a doctor on an annual basis for a checkup.

HOW TO PROTECT YOURSELF

PURPOSE OF PERIODIC HEALTH EXAMINATION

The Answer

- As primary prevention.
- To identify risk factors for common chronic diseases.
- To detect disease that has no apparent symptoms (secondary prevention).
- As a way for the doctor to counsel people to promote healthy behavior.
- To update clinical data since last checkup.
- To enhance the relationship between you and your doctor.

CHECKUP PREVENTIONS

Screening tests are useful in the early detection of disease. Some

examples include the physical exam, blood pressure reading, Pap test, and laboratory tests.

Immunizations include shots such as a tetanus booster, flu shots, and other vaccinations.

Medication prescription may be as simple as suggesting that a person with heart disease risk factors take an aspirin daily.

Counseling for health promotion either before or during a health problem may decrease the burden of suffering or prevent the disease. Examples of counseling topics include smoking cessation, safe sex practices, and pre-pregnancy advice on folic acid supplements.

LEVELS OF PREVENTIVE CARE

There are three levels of preventive care: All three of these levels of preventive care are important components of disease prevention and health maintenance.

Primary prevention includes interventions that can completely prevent the disease in people at risk. One example is immunizations against certain vaccine-preventable diseases such as measles and tetanus.

Secondary prevention identifies established risk factors for disease. Checking blood pressure, cholesterol, and performing Pap tests for cervical cancer screening are examples in which identifying abnormal results can lead to effective interventions that may prevent serious disease from developing.

Tertiary prevention is a process for optimizing health once a disease has been diagnosed. An example is a management plan to prevent a person from having another heart attack once they already have established heart disease.

FINAL WORD

Our health is everything. Without it we have nothing. Everything you do in your life right now depends on your good health. Make it

a point to get to the doctor every year, whether you feel good or not. Catching a small problem before it grows into something major may make all the difference between a premature death and living strong for a few more decades.