

# Check-up news

The providers at Mille Lacs Health System don't have a "one size fits all" model regarding the annual physical.

We customize our care to meet our patients' concerns and needs, collaborating with them to look at family history, recent health changes, and questions patients may have, in order to develop a plan that makes sense for them.



**Your provider may suggest you take a low-dose aspirin a day if you're at risk for cardiovascular events.**

Some items in your provider's medical toolbox to help you check out the status of your health are high-value, such as Pap tests, mammograms, prostate tests, and screens such as those for skin cancer or Hepatitis C. But depending on the conversation you have with your provider, you may not need these every year, or at all right now. That's why it's important to start a relationship with a family practice provider who can get to know you and help you make good choices regarding getting the best from your yearly physical.

For instance, many adults don't know there are immunizations for them besides the annual flu shot, and tetanus booster every 10 years. For adults over 60, a shingles vaccination is important. And the pneumococcal pneumonia vaccine for those over 65 or those who are at risk is another immunization to inquire about.