

Time for your check-up!

At Mille Lacs Health System, our providers are known for putting the heart in healthcare. They want to help you build a trusting relationship with them, and **visiting with a provider so they can get to know you is probably the most important element of the yearly physical.**

You may not see your provider very much at all during the year, but a good provider listens to you and your situation, and sees the both of you as a team, doing the best to collaborate on your health goals.

It's the start of a new year, so make an appointment to get your yearly physical today. Call 320-532-3254.



You get yearly tune-ups on your car, your furnace cleaned out for the heating season, and you replace batteries in your smoke alarms. You do all kinds of maintenance on a regular basis, but what about your body? Are you making sure it's working the way it should?

Your annual physical matters in a lot of different ways, and it's important that you put it on your calendar and get it done. At your physical, you should get your weight, height, blood pressure, and cholesterol checked, and blood sugar too if you have a history of diabetes in your family or have specific risk factors. Your provider will not order every blood test under the sun, but they may order lab work based on what

you tell them at your visit.

Most providers will tailor your physical to you, recognizing you as a unique individual who may or may not have a health condition. They will look at your family history and your overall health before they decide to run any tests. That's why it's important to communicate clearly with your medical provider. And when you make the appointment, be sure to ask if there's any fasting involved in a potential blood test, such as glucose (blood sugar) or cholesterol testing.

Immunizations are must-haves for any adult, and don't forget to talk about mental health with your provider, if you are having any issues.