

# Why is it important that you get a yearly health check-up?

People with disabilities can have more health problems than other people. For example, people with disabilities can have problems with their heart, eyes and ears, or be overweight. Some people also have trouble knowing they are sick, so it is very important to go to the doctor or nurse regularly. Staying healthy will help you do the activities you like, be happier, and live longer.

## How do you get a health check-up?

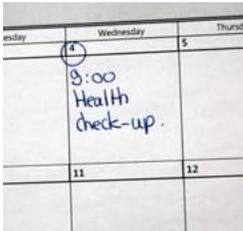
1



To book an appointment you or your caregiver should call your doctor or nurse and say: *“Hello my name is \_\_\_\_\_ and I’m calling to book a yearly health check-up”*.

If no one answers the phone, leave a message with your name, phone number, and say: *“I want to book a yearly health check-up”*. The receptionist should call you back to schedule the appointment.

2



Write down the date and time of the appointment and the address and phone number of your doctor or nurse’s office.

3



If you do not know how to get to the office by yourself, ask someone to take you.

4



If you are going to be late or need to cancel the appointment call the office to let them know. Leave a message if no one picks up the phone.

## Bring to the appointment:

1



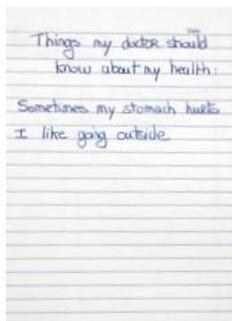
Your health card. It might be green or it might be red and white.

2



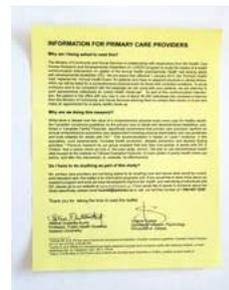
All your pills, syrups, and inhalers.

3



A list of the things you and your caregiver think your doctor or nurse should know about your health.

4



The yellow page we have included in this package.

## What happens at the health check-up?

This is an appointment you should have with your doctor or nurse once a year. They might call it the periodic health exam or visit. You can book it even when you are feeling well. You can still book other appointments throughout the year when you need to visit the doctor.

Your doctor or nurse might ask you if you have any pain, if you feel happy or sad, what medications you are taking, what illnesses you have, and ask you questions about what you do during the day.

You can ask them questions about your health. Your doctor or nurse might tell you what food to eat or that you should exercise more often. They might do a physical exam and check your body to make sure it is healthy. This can include things like checking your weight, heart rate, blood pressure, and taking a blood test. You can say no if there is anything you do not want done.