

Your wellness matters. Own it!

Tips on taking control of your wellness and encouraging others to do the same.

Making healthy choices can help you avoid many chronic diseases and even lower your risk of severe illness from some infectious diseases. Getting routine preventive care can help you stay well and catch problems early.¹ Keep in mind that regular checkups are separate from any other doctor's visit for sickness or injury. In addition to physical exams, these visits focus on preventive care, such as screening tests.

PLANNING MATTERS

Before your scheduled appointment:

- Gather your family history, including known chronic illnesses/diseases.
- Note previous surgeries, past health issues, allergies and vaccinations.
- Bring a list of medications and supplements that you take regularly – including dosage – to your appointment.
- Prepare questions for your doctor.

KNOWLEDGE MATTERS

- Know your family history and biometric numbers. Ask if your physician's practice has an online patient portal so your biometric screening results (cholesterol, blood sugar, blood pressure, weight, for example) will be at your fingertips. If not, write your numbers down and keep your own health record.
- Ask your physician for a preventive care checklist to guide you on recommended screenings according to your age.
- Ask your doctor about recommended cancer screenings and tests.

PRO TIP! An easy way to remember to schedule your wellness exam is to make the appointment at the same time each year, such as your birthday month.

COVERAGE MATTERS

Aflac has helped provide financial protection and peace of mind for more than 69 years to millions of policyholders and customers through its subsidiaries in the U.S. and Japan. Aflac is a leading provider of supplemental health insurance products and a pioneer in cancer insurance in the United States.

[Learn more at Aflac.com/WellnessMatters.](https://www.aflac.com/WellnessMatters)



* For additional information about preparing for a doctor's visit, visit [CDC.gov](https://www.cdc.gov).

¹ Centers for Disease Control: "Are You Up to Date on Your Preventive Care?" (5/15/24) <https://www.cdc.gov/chronic-disease/prevention/preventive-care.html>

² 2024 Aflac Wellness Matters Survey ([Aflac.com/WellnessMatters](https://www.aflac.com/WellnessMatters)).

Coverage varies by state and plan selected. Please refer to your policy for details and a list of covered exams or contact your Aflac agent/Aflac benefits consultant for complete coverage details.

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