



## Annual Physical and Mental Health Exam

Everyone should schedule a yearly visit to the doctor for preventive checkups, ensuring early detection of common health conditions. These regular appointments provide valuable insight into one's overall well-being and, if needed, allow for timely interventions to prevent potential complications.

### What can happen during an annual visit?

You will be asked questions about your health status, family history, habits, such as alcohol and/or tobacco use, medication use, supplements, and diet. In addition, you will have a physical exam to check your temperature, blood pressure, and pulse. They will examine your lungs, evaluate your skin, and measure your weight and height to determine your body mass index. Based on your age, gender, and family history, monitoring tests will be recommended, such as red and white blood cell counts, lipid and cholesterol panels, and even tests for sexually transmitted infections (STIs).

To rule out abnormalities, they may recommend cardiac tests and some screening for early detection of cancer. It is likely that you will need to visit a specialist during the process. If so, keep a list of the medications you use and ask questions about your diagnosis or treatment. Also, visit your dentist every six months for a routine cleaning and exam.

### Recommended screening tests for women:

• **PAP smear:** this is a test performed by the gynecologist to detect cervical cancer. It is recommended to perform the test from the age of 21 or as soon as you start your sexual life. From the age of 30 onwards, it should include the human papillomavirus (HPV) test.



• **Pelvic exam:** consists of palpating the female organs to detect if they are of normal size or if they are of a different size than normal.

• **Mammography:** is an x-ray of the breasts that can detect cancer or other breast tumors. It is recommended after the age of 40. If you have risk factors, your doctor may recommend an earlier mammogram.

• **Bone density test** is used to measure how strong your bones are. It is suggested for women over 65. If you have risk factors such as being white, having had previous fractures, or having another condition that could lead to osteoporosis, you should probably have the test earlier.

### Recommended screening tests for men:

• **Digital rectal examination of the prostate:**

recommended for men 45 years of age and older. The doctor will feel the prostate for any unusual size or lump. If



you have a family history of prostate cancer as a risk factor, your doctor may encourage you to be tested earlier.

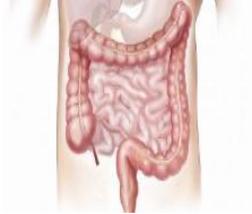
• **Prostate Specific Antigen (PSA) test:** is a blood test that measures the levels of a protein produced by the prostate. Combining this test with digital rectal examination can contribute to the early detection of prostate cancer.

• **Testicular examination** is a way to detect lumps, swelling, atrophy, and other problems in the testicles. Testicular cancer is rare, but it is the most common type of cancer in men under the age of 35.

**Screening tests recommended for people over 45 years of age:**

**Colorectal cancer screening.**

This test allows finding precancerous polyps (abnormal tissues) and removing them before they turn into cancer.



**Vaccination**

One of the benefits of vaccinations is to boost the immune system and prevent the risk of infections. Ask about recommended vaccinations according to your age and risk level.

**Mental Health Screening**

During the evaluation, your doctor may ask you questions related to your mood, the quality of your interpersonal relationships, and the use and frequency of use or intake of alcohol and drugs, among others. You may be given the PHQ-9 test to identify symptoms of depression or anxiety. This will help determine if you need support from a mental health specialist.

**Contact your doctor immediately if you have any of these symptoms:**

- Consistently irritable or sad mood.
- Difficulty sleeping or oversleeping.
- Changes in appetite.
- Feelings of worthlessness, guilt, or self-hatred.
- Difficulty concentrating.
- Feelings of hopelessness or abandonment.
- Repetitive thoughts of death or suicide.
- Loss of interest in activities that were once pleasurable or fun.

<b>Additional recommendations:</b>	
Consult your physician about other tests you may need.	Protect your skin from the sun, avoid excessive exposure and use protection.
Eat healthy.	Avoid alcohol and cigarettes.
Be physically active	Manage your stress

**Social and Emotional Aspects**

For guidance, tools, and resources to help you and your family manage the emotional and physical challenges that come with health treatment, consult your primary care physician, dentist, or mental health specialist. Additionally, you can reach out to the following helplines for support:

**Medical Advice Line**

1-844-347-7801

**TTY/TDD** 1-844-347-7804

**APS Health**

787-641-9133

**References:**

<https://my.clevelandclinic.org/health/diagnostics/17366-physical-examination>  
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Prepared by Licensed Health Educators.

Revised June 2025.

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