



#Thrive2021 *Awesome August*

Awesome AUGUST



Health screening is not only an important way of practising self-care, it could even save your life! Not sure where to start? Schedule some “me” time in your diary for the following preventative screening measures, and check-in with your doctor to discuss a more detailed screening plan applicable to your individual needs.



Blood pressure



Cholesterol



Calculate your BMI



Glucose



HIV

if you are sexually active, no matter how safe you think you are!



Regular dental check-ups and eye exams are also important. The recommended tests and health checks, as well as their frequency, may differ according to your age and gender, as well as certain lifestyle and hereditary factors.

Screening for women should include a Pap smear and mammogram, and for men prostate screening becomes increasingly important as you age.