



# Schedule a Checkup with a Trusted Physician

Lasting health partnerships  
begin with a checkup.

Whether you want the all-clear to go chasing your goals, the peace of mind that you're firing on all cylinders, or a trusted partner on the road to a healthier you, your primary care journey starts when you schedule a checkup with Orlando Health Physician Associates. From this checkup, you and your primary care doctor can put together a plan to get you where you want to go — complete with follow-up appointments and necessary immunizations along the way.

## Primary Care. Second-to-None Convenience.

- Easy online scheduling
- Flu shots now available
- Schedule your annual wellness check
- More than 50 locations across Central Florida
- Conveniently pay bills and stay connected to your health with Orlando Health MyChart

**ORLANDO**  
**HEALTH®**

Physician  
Associates



Scan the QR code  
to schedule now.

## Don't know when to schedule your wellness screenings and immunizations?

The below chart is a general guide, but doesn't consider your individual risk factors like personal, family and genetic history. Talk to your primary care doctor to be sure you're getting the care you need on the right schedule.

Type of exam or screening	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
<b>Health checkup</b>	Annually	Annually	Annually	Annually
<b>Blood pressure</b>	Annually	Annually	Annually	Annually
<b>Blood sugar</b>	–	After age 45, every 3 years	Every 3 years	Every 3 years
<b>Cholesterol</b>	Every 5 years More often for smokers, diabetics, or from a family with a history of heart disease	Every 5 years	Every 5 years	Every 5 years
<b>Colonoscopy</b>	–	After age 45, every 10 years	Every 10 years	Every 10 years
<b>Dental exam</b>	Every 6 to 12 months	Every 6 to 12 months	Every 6 to 12 months	Every 6 to 12 months
<b>Human papillomavirus (HPV) vaccine</b>	Between ages 11 and 26	–	–	–
<b>Flu vaccine</b>	Annually	Annually	Annually	Annually
<b>Pneumococcal vaccine</b>	–	–	–	After 65, one to two doses
<b>Skin and mole self-exam</b>	Monthly	Monthly	Monthly	Monthly
<b>Skin and mole exam by physician</b>	Every 3 years	Annually	Annually	Annually
Women				
<b>Breast self-exam</b>	Monthly	Monthly	Monthly	Monthly
<b>Mammogram</b>	Starting at age 35, every 1 to 2 years	Every 1 to 2 years	Annually	Annually
<b>Pelvic exam</b>	Annually	Annually	Annually	Annually
Men				
<b>Testicular self-exam</b>	Monthly	Monthly	Monthly	Monthly
<b>Prostate-specific antigen test</b>	–	–	Annually	Annually