



Schedule a Checkup with a Trusted Physician

Lasting and successful health partnerships
begin with a checkup and we're here to help.

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 with 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®



Scan the QR code
to schedule now.

ORLANDO
HEALTH®

Physician
Associates

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+
Health checkup	Annually	Annually	Annually	Annually
Blood pressure	Annually	Annually	Annually	Annually
Blood sugar	–	After age 45, every 3 years	Every 3 years	Every 3 years
Cholesterol	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
Colonoscopy	–	After age 45, every 10 years	Every 10 years	Every 10 years
Dental exam	Every 6 to 12 months	Every 6 to 12 months	Every 6 to 12 months	Every 6 to 12 months
Human papillomavirus (HPV) vaccine	Between ages 11 and 45	–	–	–
Flu vaccine	Annually	Annually	Annually	Annually
Pneumococcal vaccine	–	–	–	After 65, one to two doses
Skin and mole self-exam	Monthly	Monthly	Monthly	Monthly
Skin and mole exam by physician	Every 3 years	Annually	Annually	Annually
Women				
Breast self-exam	Monthly	Monthly	Monthly	Monthly
Mammogram	Starting at age 35, every 1 to 2 years	Every 1 to 2 years	Annually	Annually
Pelvic exam	Annually	Annually	Annually	Annually
Men				
Testicular self-exam	Monthly	Monthly	Monthly	Monthly
Prostate-specific antigen test	–	–	Annually	Annually

Schedule a checkup or immunization appointment at OrlandoHealth.com/Checkup