Eating healthy foods, drinking plenty of water, exercising, and getting enough sleep each night are good things for everyone to do to improve health and well-being.

Some recommendations to keep children healthy include:

- Well-child visits: children over 3 years old should get a physical every year.
- Talk to a healthcare provider about vaccines (shots) for your child.
- Children over 6 months old should get a check-up with a dentist.
Adults 18 to 64 years old may improve their health by utilizing preventive services. All adults should:

- Have a yearly physical exam.
- Get a flu shot each year.
- Talk to their healthcare provider if they are feeling stress, anxiety, or depression.

Men need to check their testicles every month for lumps or changes and talk with their healthcare provider about any trouble getting an erect penis.

Women need to check their breasts every month for lumps or changes and talk with their healthcare provider about bleeding, cramping or bloating.

Staying healthy at 65 years old and beyond includes avoiding and preventing falls and spending time with family and friends.

To learn which health services you need for your age and family history, visit: https://www.cdc.gov/prevention/index.html

**Helpful Resources**

- American Cancer Society
  https://www.cancer.org/
- Centers for Disease Control and Prevention
  https://www.cdc.gov/
- National Institute of Health
  https://www.nih.gov/
- U.S. Department of Health and Human Services
  https://www.hhs.gov/

**TIP:** Before scheduling health services, it is best to connect with your healthcare provider and insurance company to determine need and eligibility for preventive care.