

# Pre-Marital Health Checklist

Date: \_\_\_\_\_

To: [Couple's Names]

Dear [Couple's Names],

As you prepare for your upcoming marriage, it is important to consider your health and well-being as a couple. Below is a checklist of health items to discuss and complete prior to your wedding day:

## Health Checklist

- Schedule a pre-marital health examination
- Conduct screenings for sexually transmitted infections (STIs)
- Discuss family medical history
- Check vaccinations and consider updating them
- Evaluate mental health and seek counseling if needed
- Review lifestyle habits, such as diet, exercise, and substance use
- Consider genetic testing if applicable
- Discuss plans for family planning and reproductive health

We encourage you to take the time to address these health topics together and in consultation with healthcare professionals. This can help build a strong foundation for your marriage.

Wishing you both a healthy and happy future together!

Sincerely,

[Your Name]

[Your Contact Information]