

# Annual Health Check-Up Guidelines

Dear [Recipient's Name],

As part of our commitment to your health and well-being, we would like to remind you of the importance of annual health check-ups. Below are the recommended health screening guidelines:

## Recommended Screenings

- **Blood Pressure Check:** Annually for all adults.
- **Cholesterol Screening:** Every 4-6 years for adults aged 20 and older.
- **Diabetes Screening:** Every 3 years for adults aged 45 and older or those at high risk.
- **Body Mass Index (BMI):** Annually for all adults.
- **Cancer Screenings:**
  - Breast Cancer: Mammogram every 1-2 years for women aged 40 and older.
  - Cervical Cancer: Pap smear every 3 years for women aged 21-65.
  - Colorectal Cancer: Screening starting at age 45 for both men and women.

## Additional Health Checks

Please consider additional screenings based on your personal and family health history, including but not limited to:

- Thyroid function tests
- Hepatitis B and C screening
- Vision and hearing tests

We strongly encourage you to schedule your annual check-up with your healthcare provider. Proper screenings can help detect potential health issues early and improve treatment outcomes.

For more information, please contact our office or visit our website. Your health is our priority!

Sincerely,

[Your Name]  
[Your Title]  
[Your Organization]