





Recommended Annual Preventative Health Care Visits

Regular check-ups are important at every age and can help detect potential health issues. Use the date planner below to help you stay on top of your recommended preventative health care appointments this year.

Stay on top of your appointments:



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 GP Check Up & Basic Screening

 Dental Check-up

 Physiotherapy/RMT/Injury Treatment

 Eye Exam

Disclaimer: This is strictly a recommendation and should never be used as a substitute for direct medical advice from your doctor or other qualified clinician.