



Unit 14 — Routine Checkups

Reading: Routine Checkups

Website excerpt

Welcome to **www.annualcheckups.org**. The main aim of our website is to offer advice on the required or recommended check-ups that everyone should have annually. You will learn why you should treat check-ups as a mandatory activity and depending on whether you are a woman or man which diseases you can screen for. Moreover, you will obtain information on how to prepare to a check-up so that it is effective and reliable.

Why check-ups matter

Is there anything more important than your health and the health of your relatives? Of course there isn't, so it's time you took charge of your health and scheduled an appointment with your doctor to discuss the tests and screenings you need. This will help identify health problems before they start or at their early stage, when you have better chances for a successful treatment. This is the best thing you can do to stay healthy! ...

Thank you for your interest!

Please visit the Shop to get the complete PDF.

Discussion Questions

What are the fundamental tests and screenings recommended for both men and women?

What male-specific and female-specific check-ups are mentioned in the article?

What are the benefits of having regular check-ups?