



Screening tests can help find possible problems or diseases, even if you don't have symptoms.

Checkups and screening tests help find diseases or health problems early, when they are easier to treat and cure. While they can't diagnose a disease, they can help you find out if you need more testing for a possible problem.

Know the recommended tests based on your age, sex, risk factors and family history. Ask your healthcare provider about screening for high blood pressure; cholesterol; diabetes; osteoporosis; skin, breast, colorectal, cervical, prostate and lung cancers; HIV; and Hepatitis C. Your doctor may also recommend screening for STDs or mental health conditions, like depression. **For more information, visit:** [health.gov/myhealthfinder/doctor-visits/screening-tests/get-screened](https://www.health.gov/myhealthfinder/doctor-visits/screening-tests/get-screened)

Additional checkups and exams are vital. Healthy adults should see a dentist once or twice a year and an eye doctor regularly. Get exams more frequently as recommended by your provider if you have dental disease, vision or eye problems or chronic conditions, or are at high risk for specific diseases.

Tell your doctor about diseases that run in your family. This may determine what additional specialized screening you may need.

Prepare a list of questions. Ask how the tests are conducted, what they may find and how often you need them. Ask about any potential benefits and risks of the tests, including the chance of false positives (meaning it says you may have a disease you really don't have, which could lead to more tests).

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With all of our day-to-day obligations, the pressures of home and work life, and other issues you and your loved ones may be facing, it is easy to get caught in a whirlwind of stress, frustration and anxiety. The culmination of these feelings can be detrimental to well-being if you don't have an outlet to release these feelings and wind down. These tips can help.

Take time to unplug. Spend time free from technology and screens. Pick an out-of-sight place to stash your devices, and enjoy the peace and quiet.

Lose yourself in something you love. Did you previously have a hobby that you just couldn't get enough of? Well, what are you waiting for—get back to it! Hobbies are a great way to get some “me time.”

Tense your tension. Select the area of your body where you hold stress. Inhale and tense this area (for example, if it's your forehead, wrinkle your forehead and furrow your brows) and inhale to the count of three. Next, release the tension while slowly exhaling to the count of four.

Exercise. Take a walk around the neighborhood, practice yoga in your living room, or do any activity that gets you moving. Exercise is a tried and true method of stress relief as it releases feel-good hormones that can help give you a sense of well-being.

Just take a break. Sit on your couch and look out the window, spend a few minutes enjoying your outdoor space, or take five minutes to sit quietly and follow your breath —there are countless options to help you feel less fragmented and more connected and balanced.

Find a bedtime routine. By doing the same activities each night before bed, you can train your body to wind down in preparation for sleep, which is crucial for sleep quality and quantity.

