



Regular visits to a health care provider can help maintain good health and uncover illnesses early when treatment is more effective. Following are health exam recommendations to ensure wellness. These guidelines are basic and do not reflect personal risk factors or family history.

Directions: Please mark the appropriate column to respond to the following statements about your health visits.

YES NO

1. I had a complete health assessment (physical) in the last 3 years (this is a comprehensive evaluation of your physical health and health history).
2. I receive counseling on dietary habits, exercise, substance use, and sexual practices from my health care provider periodically.
3. I had my cholesterol, blood sugar, and hemoglobin levels checked. This should be done every 5 years, starting at age 19.
4. I have my blood pressure checked at least once every 2 years.
5. I had an eye examination in the last 3 years.
6. I had a dental examination in the last 6 months.
7. I am aware of my risks and/or have been screened for sexually transmitted infections (including HIV).
8. WOMEN: I had a complete women’s health exam in the last 2 years. (Begin at age 21)
9. MEN: I am aware of my risks for prostate cancer and testicular cancer.
10. I am up-to-date with the following immunizations:

NOTE: Many of these services are provided by Student Health Services, either free or at low-cost to all Augusta University students. We are located in Pavilion II, at 1465 Laney Walker Blvd. For more information or to make an appointment, please call 706-721-3448 or visit our web page:

www.augusta.edu/shs

- Flu (Influenza)
- Td (Tetanus & diptheria)
- Tdap (Tetanus/diptheria/pertussis)
- Meningococcal
- HPV

HEALTH EVALUATIONS

These guidelines are for information only. Your health care provider may make changes based on your health and health history.

PHYSICALS

- Should include a basic check-up, including height, weight, and blood pressure measurements, blood tests, urinalysis, and other tests as recommended by your health care provider.
- Should be done every 3 years at 18-45 yrs of age, every 2 years at 50-60, and annually at 65 years and over.
- Physicals are available at Student Health Services (SHS) for students. Please call 706-721-3448 for appointment.

CHOLESTEROL

- Cholesterol testing is available at low-cost to students.
- If your cholesterol level is high, (greater than 200mg/dl) you can make an appointment with a health educator.
- Together, you will make plans to take specific actions to reduce it. For an appointment, call 706-721-3448.

BLOOD PRESSURE

- High blood pressure is often without symptoms. It is essential to see your health care provider for check-ups.
- 120/80 is considered normal. You have high blood pressure or hypertension when your blood pressure is 140/90 or above. If your blood pressure is 130/85 or above, you should check your blood pressure every year.
- Visit the SH Clinic, Pavilion II to discuss ways to decrease blood pressure with our staff.

EYES

- Eye exams test your ability to see sharply and clearly at near and far distances. They determine nearsightedness, farsightedness, astigmatism, and depth perception. They include tests for eye diseases such as glaucoma.
- Eye exams should be done every 2-3 years at 19-60 years of age, and annually for those 60 and over.
- Health Services offers vision screenings. Referrals are made to providers who can give you a complete eye examination.

DENTAL

- The American Dental Association recommends that dental examinations be done twice a year.
- Please call 706-721-3448 for referrals to dentists.

SEXUALLY TRANSMITTED INFECTIONS

- Based on your sexual activity you should be tested for various STDs each year and with each new sexual partner.
- Health Services provides testing for sexually transmitted infections, including HIV. Call 706-721-3448 for an appointment.

WOMEN

- Women's health exams should be done every 2-3 years in all women beginning at age 21.
- Mammograms should be performed yearly for all women age 50 and over. Women between age 40 and 49 may be screened. Discuss with your health care provider.
- Women's health services include women's health exams at Health Services. Please call 706-721-3448.

MEN

- Testicular cancer is the most common form of cancer among men ages 20-35. It is recommended that men perform monthly testicular self-examinations.
- You can learn about how to do testicular self-examinations at SH Clinic, or by making an appointment to speak with a clinician.
- Men 40 and over need to be checked for prostate cancer every year.

IMMUNIZATIONS (Please call 706-721-3448 to schedule an appointment at SHS)

- Flu shots are recommended yearly in the fall. Call for current pricing while supplies last.
- Tetanus, diphtheria, and pertussis shots are free at SHS. A tetanus/diphtheria (Td) dose is needed every 10 years all throughout life. It is recommended that adults (19yrs & older) receive one dose of Tdap (which covers tetanus, diphtheria and pertussis) and then the Td vaccine every 10 years thereafter.
- Meningococcal vaccine is recommended for college students up to age 21 who are living in residence halls. Call 909-869-4000 for current pricing.
- HPV vaccine is currently recommended for men and women up to age 26. Three doses are needed. Call 909-869-4000 for current pricing.
- Other immunizations may be recommended if you missed doses in childhood. Please discuss your immunization history with your healthcare practitioner.