



## **Annual Physical Exam 60 Sec PSA**

This is State Health Officer, Doctor Scott Harris. For some people, having an annual physical exam is a source of reassurance that they are as healthy as possible, others see it as a way to catch problems before they become serious.

No matter how you look at it, I want to remind you what an important part it plays in staying healthy. The physical exam is an essential part of any doctor's visit. It gives your physician a chance to listen to your concerns and provide counseling. Take the time to mention any complaints or concerns, and provide accurate information when you are asked about lifestyle behaviors such as smoking, alcohol use, diet, and exercise.

Your annual physical exam also gives your doctor a chance to gather information about you and your health just by watching and talking to you. How is your memory and mental quickness? Does your skin appear healthy? Can you easily stand and walk?

For more information and tips to stay healthy, visit our website at [Alabama-Public-Health-dot-g-o-v](http://Alabama-Public-Health-dot-g-o-v).

This message brought to you by the Alabama Department of Public Health and this station.

**For more information, contact: Brandon Vaughn**  
**[brandon.vaughn@adph.state.al.us](mailto:brandon.vaughn@adph.state.al.us) / 334-206-2080**

The RSA Tower      201 Monroe Street Montgomery, AL      36104  
P.O. Box 303017      Montgomery, AL 36130-3017