

What is a complete physical?

WHAT IS A COMPLETE PHYSICAL?

A complete physical has 5 parts:

1. **History** – A thorough review of your medical history, family history, medications and surgeries.
2. **Physical** - A head to toe examination and cancer check-up.
3. **Laboratory** – Different lab test are run on ____ tubes of blood to screen for diseases.
4. **Health Promotion Guidelines** – Handout
5. **Summary** – We will list your medical problems and give you specific suggestions and action steps.

How often should you have a physical?

Yearly

**HOW CAN YOU SCHEDULE A COMPLETE PHYSICAL? CALL
THE APPOINTMENT DESK AT: (919) 783-9600**