

# Spring Health Checklist ✓

FIFTYUP  
CLUB

- Weight check
- Eye check
- Blood pressure
- Cholesterol
- Glucose levels
- Dental check
- Skin cancer check
- Bowel cancer screening
- Bone density scan
- Cardiovascular check
- Hearing assessment
- Prostate check
- Breast check and mammogram (men this includes you)
- Cervical cancer check (females)