



UNIVERSITY OF EMBU

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DEPARTMENT OF HEALTH SERVICES

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### IMPORTANCE OF MEDICAL CHECK UP

Medical check-up is a routine assessment of an individual's overall health and well-being by a healthcare provider.

It involves a series of tests, evaluations, and inquiries aimed at detecting or preventing medical conditions, monitoring existing health conditions, and promoting health.

The goal is to assess and maintain client's health and provide guidance for any necessary follow-up care or lifestyle changes.

#### Importance of Regular Medical Check-up:

1. **Early detection:** regular check-up helps in detection of medical conditions in their early stages when they are more treatable and have better outcome.
2. **Preventive Care:** check-up such as screenings and vaccinations helps to prevent illnesses and promote health.
3. **Chronic Disease Management:** Regular check-up allows better monitoring and management of people with chronic disease and their health.
4. **Lifestyle Guidance:** during check-ups one can get advice on diet, exercise, and other lifestyle factors to promote long-term health from the healthcare provider.
5. **Establishing baselines:** It helps establish baseline health data, making it easier to track changes overtime.
6. **Peace of mind:** They provide reassurance about one's health and reduce anxiety related to potential health issues.
7. **Cost Saving:** Prevention or early diagnosis can lead to cost saving by avoiding more expensive treatment in future.

Generally, regular medical check-ups are an essential part of preserving good health and preventing severe health problems.

The frequency of check-ups may vary depending on age, gender and individual health risks. Therefore, it is crucial to consult with healthcare provider to create a personalized plan.

Visit the Department of Health Services for more advice and/or take advantage of the next wellness medical camp organized within the University.



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