



TAKE A NEW YEAR'S SELF-HEALTH *Audit!*

As we enter a new year, WakeMed Primary Care recommends you take a few moments to really think about your body, how you're feeling and what you want in 2026 when it comes to your health.

Spending the time to just think about your health may help you detect problems you haven't consciously noticed, but should probably discuss with a doctor.

Get going by answering some thought-starter questions on the right. Jot down your answers and bring them to your next doctor's appointment.

Working with your WakeMed Physician Practices Primary Care team, prioritize any health concerns you've identified. Together, you can make a plan for improving your health at a pace that works for you. Hopefully, by next year at this time you'll be healthier (and happier) than ever!

HERE'S TO A *Healthy You* IN 2026!

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SOME QUESTIONS TO GET YOU STARTED:

How is your energy level? Do you find yourself always tired?

☐ Yes ☐ No

Do you have unexplained aches and pains? ☐ Yes ☐ No

Do you suffer from frequent heartburn, indigestion or reflux?

☐ Yes ☐ No

Are you experiencing unaddressed anxiety or feelings of depression?

☐ Yes ☐ No

Do you have high cholesterol, diabetes, or blood pressure?

Do you even know? ☐ Yes ☐ No?

Are you interested in losing weight or improving your diet? ☐ Yes ☐ No

Have you had the health screenings recommended for your age/risk factors?

Do you know? ☐ Yes ☐ No

Do you need to quit smoking, reduce your alcohol intake or

kick another bad habit? ☐ Yes ☐ No

Do you get 7 to 9 hours of sleep on most nights? ☐ Yes ☐ No

Do you have any other nagging health concerns? (family history worries, unidentified symptoms, etc.) ☐ Yes ☐ No

MY TOP HEALTH CONCERN FOR 2026 IS:

MY TOP HEALTH GOAL FOR 2026 IS: