



Do you attend yearly physical examinations with your family doctor?

If you are an individual with an intellectual or developmental disability, yearly physical examinations can play an important role in addressing your healthcare needs.

HAVE A DOCTORS APPOINTMENT?

Check out some tips and resources for going to the doctor by scanning the QR code here!



Only **50%** of participants indicated they currently **access yearly physical examinations**

Why should I attend yearly physical examinations?

Research indicates that regular health check-ups reveal unaddressed health needs among individuals with developmental disabilities.²

Annual comprehensive preventive care assessments for adults with intellectual and developmental disabilities result in more disease detection, health promotion, and prevention.¹

Reference

1. McNeil, Karen, Brian Hennen, Mike Joyce, and Emily Gard Marshall. "Health Check Guidelines and Billing for Family Physicians Caring for Adults with Intellectual and Developmental Disabilities." *Canadian Family Physician* 67, no. 7 (July 2021): e197-201. <https://doi.org/10.46747/cfp.6707e197>.
2. Robertson, Janet, Chris Hatton, Eric Emerson, and Susannah Baines. "The Impact of Health Checks for People with Intellectual Disabilities: An Updated Systematic Review of Evidence." *Research in Developmental Disabilities* 35, no. 10 (2014): 2450-62. <https://doi.org/10.1016/j.ridd.2014.06.007>.