

What is MyHealthfinder?

Trusted information to help your family stay healthy.



Make sure your family is up to date on preventive services.

MyHealthfinder Tool

See which screening tests and vaccines you or your loved ones need to stay healthy.

Age

Sex

Female

Male

Get results

[Why are we asking these questions?](#)



Want to know how to get preventive services?

Learn how to find and access screenings, vaccines, and other preventive care you need to stay healthy.

[Check out our tips and resources](#)

Explore health topics

Health Conditions



Cancer

Find out about the steps you can take to help prevent cancer.



Diabetes

You can do a lot to lower your risk for type 2 diabetes — get started now.

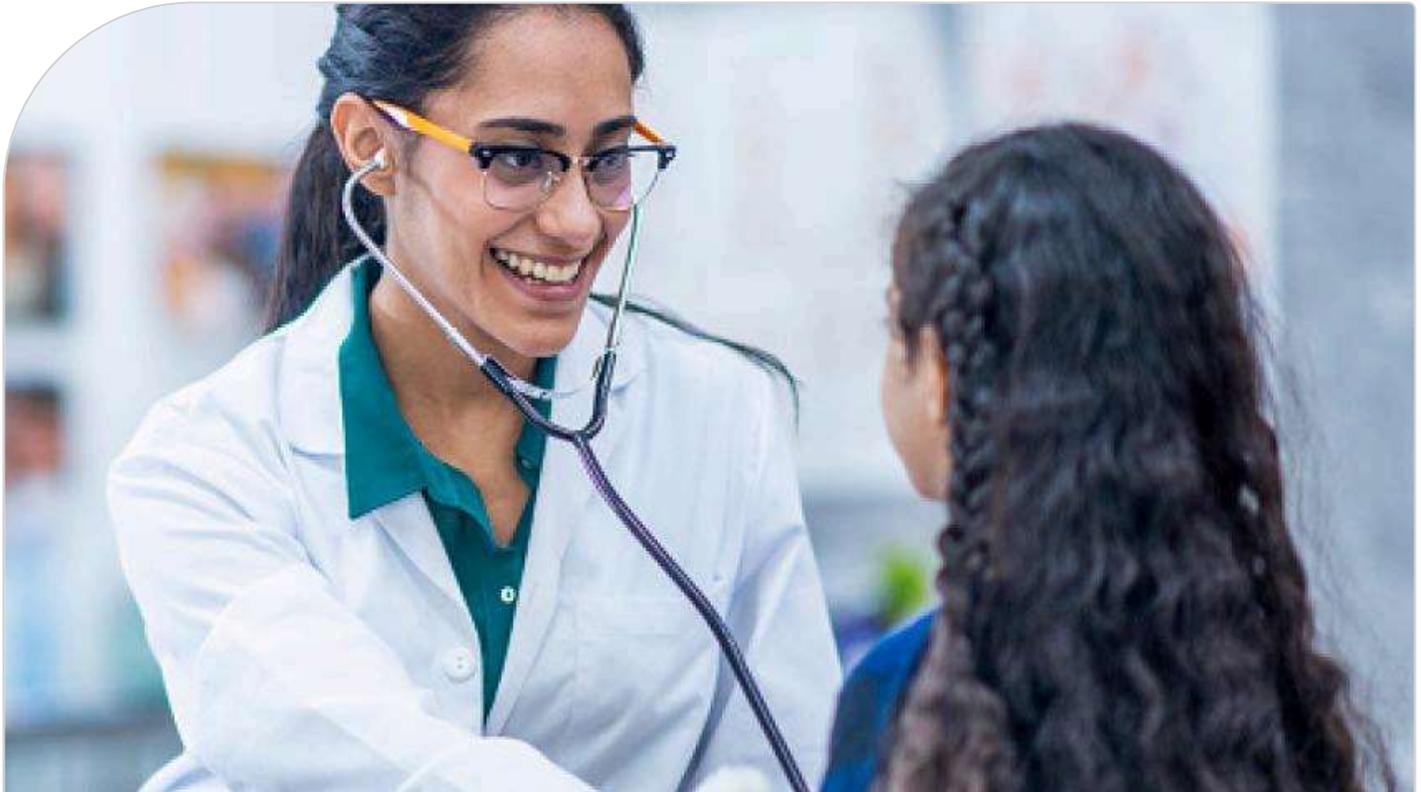


Heart Health

Take steps to lower your risk of heart problems — like checking your blood pressure regularly.

[View all](#)

Doctor Visits



Regular Checkups

Stay on top of your health – get regular checkups with a doctor or nurse.



Screening Tests

Find out which screenings (medical tests) you may need this year.



Vaccines (Shots)

Vaccines aren't just for kids! Find out why everyone in the family needs to get important vaccines.

[View all](#)

Healthy Living



Mental Health and Relationships

Get tips on things like managing stress and talking to loved ones about important health topics.



Nutrition

Making small changes to your eating habits can make a big difference for your health. Find out how to get started.



Physical Activity

Regular physical activity is good for your health. Get tips to help you get more active.

[View all](#)

Pregnancy



Doctor and Midwife Visits

Find out how your doctor or midwife can help you have a healthy pregnancy.



Nutrition and Physical Activity

Eating healthy and staying active can help you have a healthy pregnancy — and a healthy baby.

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