

Train Your Brain

Test your mind-strength with this puzzle!

Prevention Is Key

Do you know the tests and screenings you need to be on top of your health? Start by asking your doctor, then follow your doctor's recommendations for when to get them.

Match the wellness activity to the description, then find the wellness activity in the word search.

Wellness activity	Preventive care description
Glaucoma screening	Checks the strength of your bones
Blood pressure screening	Finds medical conditions affecting optics
Depression screening	Checks certain levels in your blood that could point to diabetes
Spirometry test	Finds problems that could be or turn into polyps
Colon cancer screening	It's an X-ray
Mammogram	Checks certain levels in your blood that could point to heart disease
Eye exam	Could keep you from getting a respiratory illness
A1c test	Checks breathing
Bone density test	Checks for damage of the nerve in the back of your eye
Flu vaccine	Checks mental and emotional well-being

G N I N E E R C S E R U S S E R P D O O L B
C O L O N C A N C E R S C R E E N I N G R W
D E P R E S S I O N S C R E E N I N G B X R
B T T D B Y M M R Y P D Q Y T N V N J T G Y
O P N S V V A Y L R T X R Q X W I T R R Z J
N Y M Z E X W Z R P D L X D B N T X L L R N
E N N L E T Z Z T V G J G L E Y D B P T W W
D G V E T B Y N B T R Z N E Y J M N Q N K N
E V Y M T S B R Y Y D B R R X Y K D V M R D
N E R Z Y D E T T J K C V P T L T P G W N N
S Q G N R W K T M E S R J Y N X N Y R J V N
I T B M V Y M N C A M M J P Q T Z G Z M T Y
T Z R J G L Z Z M I R O E N I C C A V U L F
Y T J Q R R Y O R L A G R N M J G Y N X L M
T D M Y Z Z C Z T Q J Y O I G V B Y L M Q D
E J R R L U X N R W V D L M P J D L W D M R
S X M R A P Q Y D T M T D T M S B Y J D X R
T Y M L R D T Y J N M Q T L N A W D D T T X
D T G M X T Z Y R G W K L Y Z K M Y Z T J L

Stumped? Answers below.
Don't peek if you don't have to!

Glaucoma screening - checks for damage
of the nerve in the back of your eye; blood
pressure screening - checks certain levels in
your blood that could point to heart disease;
depression screening - checks mental and
emotional well-being; spirometry test - checks
breathing; colon cancer screening - finds
problems that could be or turn into polyps;
mammogram - it's an X-ray; eye exam - finds
medical conditions affecting optics; A1c test -
checks certain levels in your blood that could
point to diabetes; bone density test - checks
the strength of your bones; flu vaccine - could
keep you from getting a respiratory illness

W O R D S E A R C H
M A D E
A T
W W W . P U Z Z L E - M A K E R . C O M

Word search made at www.puzzle-maker.com.