

RISK FACTORS	LIFESTYLE ASSESSMENT AND COUNSELING	SCREENING AND HEALTH PROMOTION	VACCINATIONS AND MEDICATIONS
<ul style="list-style-type: none"><li>☐ Age: 30</li><li>☐ BMI: 25.29 Obese I</li><li>☐ Work: Physician</li><li>☐ Paternal History of DM II, HCVD, CAD, NAFLD</li></ul>	<ul style="list-style-type: none"><li>☐ Monitor diet</li><li>☐ Encourage regular exercise</li><li>☐ Encourage sleep hygiene</li><li>☐ Proper PPE at all times,</li></ul>	<p>Annual work-up: HbA1c, FBS, Lipid Profile</p>	<ul style="list-style-type: none"><li>☐ Flu vaccine yearly</li><li>☐ CoVid Boosters as indicated</li><li>☐ Anti-allergy meds as needed</li></ul>

especially  
on duty