



## FREE RESOURCES

### ***Pocket Guides to Good Health for Adults***

If you have questions about preventive services you need, you will want to get a copy of ***The Pocket Guide to Good Health for Adults: Women/Men***. The pocket guide is available in English and Spanish and has recently been revised and expanded. It includes tips and recommendations on good health habits, screening tests and immunizations. It includes easy-to-use charts to help track personal health info, questions to ask your healthcare providers and resources to contact for more information.



The pocket guides are published by the U.S. AGENCY FOR HEALTHCARE RESEARCH AND QUALITY (AHRQ) and are available free on the AHRQ website in **ENGLISH** at <http://www.ahrq.gov/ppip/adguide> and in **SPANISH** at <http://www.ahrq.gov/ppip/spadguide>. Copies of the booklet, and related materials, are also available from the AHRQ Publication Clearinghouse by calling (800) 358-9295 or emailing [ahrqpubs@ahrq.gov](mailto:ahrqpubs@ahrq.gov)

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