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Mon Bilan Prévention in 5 questions



Your free appointment

1 What is a prevention health check?

This is a chance for you to review your health with the healthcare professional of your choice: a **doctor, pharmacist, midwife or nurse**. This health check is **free of charge**.

2 How does it work?

You can talk to the healthcare professional about whatever is **important to you**. This might be physical activity, vaccination, sexual health, sleep, diet, smoking, alcohol, etc.



You will receive **advice tailored to your needs and situation** and a **personalised prevention plan**.

3 Who is entitled?

All adults aged 18–25, 45–50, 60–65 and 70–75.

You must have a **Carte Vitale** or **AME** (state medical assistance).



4 Where do I go for my prevention health check?

To the premises of the healthcare professional you have chosen. It will take place in a **private** space where nobody can hear your conversation.



5 How do I arrange my prevention health check?

Make an appointment

- Contact a professional who is participating in Mon Bilan Prévention (My Prevention Health Check) by telephone or online.



Before the appointment

- You can prepare by completing a questionnaire, either online or a paper copy.
- You can ask an **association** or a **social worker** to help you make the appointment, prepare for the health check or get an **interpreter**.



Good to know

- You do not have to be registered with a **general practitioner**.
- **Medical procedures** such as screening or vaccination may be offered to you. These are reimbursed under the usual conditions.

