



Check It: Physical Health

What does caring for your physical health look like?



Caring for your physical health looks different for everyone. Here are some ways to start thinking about what could work for you.

Section 1

[Why is it important to care for my physical health?](#)

Physical health can impact every aspect of your life. Making sure you are caring for your health can mean many different things—sleeping enough, eating properly, drinking enough, and being active.

Section 2

[What is a Primary Care Physician? What things should I look for when choosing a Primary Care Physician?](#)

A Primary Care Physician (PCP) is a physician who serves as our first stop when it comes to keeping up with medical care for our bodies. Most PCPs are doctors; however, you may end up seeing a nurse practitioner or physician's assistant within the same office. Think of your PCP as your main point person when it comes to routine, non-emergency, medical care. There are many ways to search for PCPs in your area.



NEED TO KNOW SERIES

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Section 3

What are specialists? Why are they important?

Specialists focus on a certain part of your body or certain illnesses or disease. Learn more about how to get a specialist and what different specialists do.

Section 4

How do I navigate care when I'm BIPOC and/or LGBTQ+? I want to find someone who's affirming and knowledgeable, how do I do that?

Navigating the healthcare system as a Black or Indigenous Person of Color (BIPOC) and/or a person who identifies as LGBTQ+ can be intimidating and sometimes overwhelming when you are looking for a provider who is culturally competent, knowledgeable, and affirming. There are many resources available to you that can help the process go a bit smoother.

Section 5

How is my physical health linked to my mental health?

Your physical health is linked to your mental health in so many ways. If you don't care for your body, your mind likely won't feel good either. Learn more about how your mental health is linked to your physical health.

Section 6

What is reproductive and sexual health? Why is it important?

It is important to be safe and informed about your reproductive and sexual health. It can impact your physical, emotional, and mental health. Learn more about how to take care of your reproductive and sexual health.

Section 7

Why is it important to take care of my oral health and vision? How can I maintain good oral hygiene? How can I maintain the health of my vision?

Your oral health is important to maintain and, although many people aren't aware, it is directly connected to the rest of your health. The health of your vision is equally as important. Find out more about how you can improve and maintain your dental and vision care.

Pro Tip

Don't forget—you have rights when in care to ensure access to physical health services and resources. For more information, view "**New York State Bill of Rights for Children and Youth in Foster Care**" (https://ocfs.ny.gov/main/policies/external/OCFS_2015/ADMs/15-OCFS-ADM-18.pdf).