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## **The Key Role of Physical Examinations in Resident Health Management: Early Screening, Disease Prevention, and Health Promotion**

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**Objective:** This study aims to explore the importance of physical examinations in resident health management, particularly in terms of early screening, disease prevention, and health promotion. By analyzing medical examination data, this research intends to confirm that regular check-ups can effectively increase the rate of early disease detection, thereby reducing treatment costs and improving the quality of life.