



## IT'S TIME TO TAKE CHARGE OF YOUR HEALTH!

**During your annual exam**, your doctor may request some routine checks to get a sense of your current state of health. These checks may include:

- Screening tests and lab work
- Checking your blood pressure and heart rate
- Asking about your medical history
- Reviewing your prescription medications
- Checking to see if you are current with your vaccinations

**+ Contact your health care provider today.**

**Ask your health plan about whether preventive health services are available to you at no cost.**

**To learn more, visit:**

**Centers for Disease Control and Prevention (CDC): [www.cdc.gov](http://www.cdc.gov)**

**US Food and Drug Administration (FDA): [www.fda.gov](http://www.fda.gov)**

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