

YOUR HEALTH IS **ESSENTIAL!**

Preventative health care is essential to staying healthy.

Make sure to maintain your preventative care appointments:

- Wellness checks
- Screenings for blood pressure, cancer, cholesterol, depression, obesity, and Type 2 diabetes
- Pediatric screenings for hearing, vision, autism and developmental disorders, depression, and obesity
- Vaccinations
- Routine oral exams

Working with your primary care provider regularly helps keep you at your healthiest.

During these difficult times, it is more important than ever to prioritize your health.



Medical providers have worked very hard to continue to provide safe spaces for you to receive care.

Stay healthy. Stay connected.