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³ HealthyPeople.gov, "Clinical Preventive Services," Office of Disease Prevention and Health Promotion, 2020.

Sept. 22, 2020.

² "The State of Preventive Care in America Via the Behavioral Risk Factor Surveillance System," Health Testing Centers.

¹ CDC, "BFRSS Prevalence & Trends Data," US Department of Health & Human Services, Sept. 13, 2017.

Cross and Blue Shield Association.

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35 - 40%
Having your blood pressure checked regularly can have a big impact. Your doctor can tell you when your BP is on the rise and give you tips for lowering it, which can reduce the risk of heart disease (by 20%) and stroke (by 35 - 40%).³

BE CONSISTENT

One of the biggest obstacles in sticking to preventive care is life. Here's a pro-tip: Schedule your annual checkup near your birthday so it's easier to remember.



STAY STRONG

See your doctor for a general checkup. It only takes 30 - 60 minutes, once a year, and can get you ahead of all kinds of medical concerns.²



START SMALL

Know what healthy looks like to you, and find little ways to get ahead of it.

PREVENTIVE CARE IS HAVING A DOCTOR YOU

TRUST

AND TRUSTING YOURSELF

75% OF AMERICANS

went to their doctor for a routine checkup last year. And, studies show working regularly with a primary care physician aids in early detection of many serious medical issues.¹



STARTING SMALL IS

STARTING STRONG.

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