Trim Line

Bleed Line

Score line

# 

Cross and Blue Shield Association.

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

**BE CONSISTENT** 



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

### **STAY STRONG**

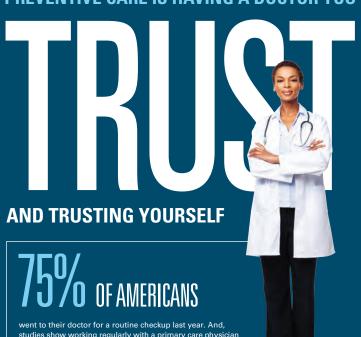


you ahead of all kinds of medical concerns.2 takes 30 - 60 minutes, once a year, and can get See your doctor for a general checkup. It only

## JJAMS TAATS

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

PREVENTIVE CARE IS HAVING A DOCTOR YOU



studies show working regularly with a primary care physician aids in early detection of many serious medical issues.

STARTING SMALL IS STARTING STRONG

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