

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.

It's all about knowing what healthy looks like for you, and finding little ways to get ahead of it.

¹ CDC, "BRFSS Prevalence & Trends Data," US Department of Health & Human Services, Sept. 13, 2021.

Scan the QR code to find support for your preventive care journey

