

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.<sup>1</sup>

STARTING SMALL IS  
STARTING STRONG.

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



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

<sup>1</sup> CDC, “BRFSS Prevalence & Trends Data,” US Department of Health & Human Services, Sept. 13, 2021.