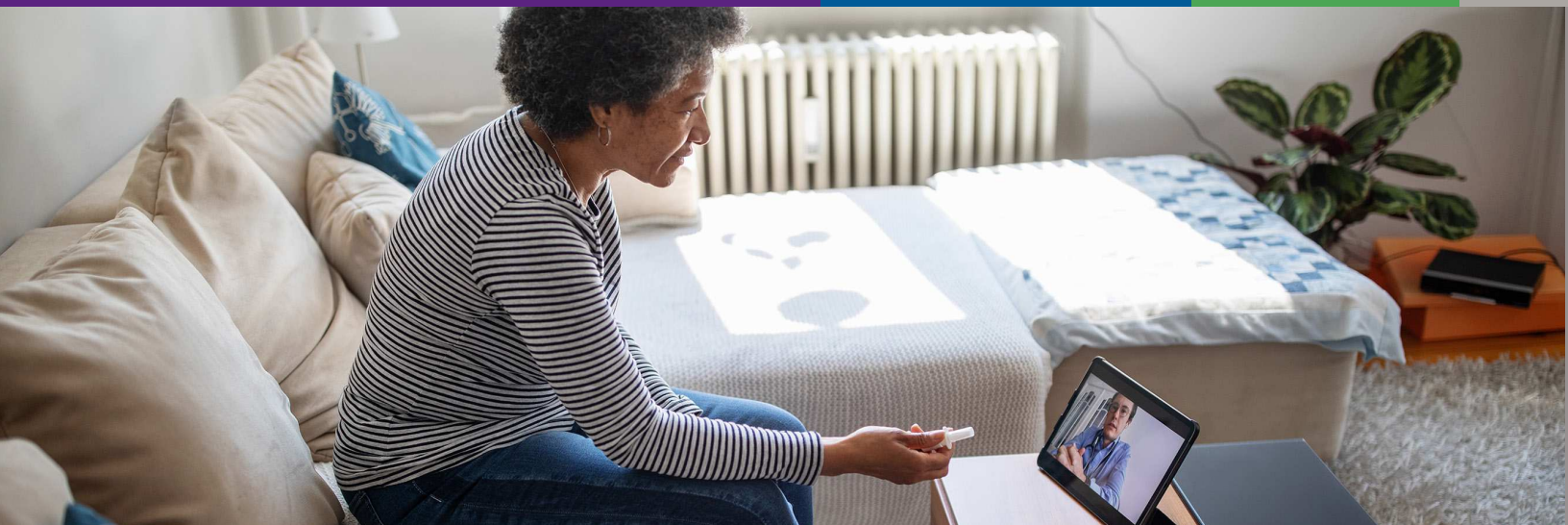


Annual medical screenings: Developing good habits



There are everyday habits that help keep you healthy.

Start with brushing your teeth, being active and eating a balanced diet. The next step is getting an annual physical.

Most healthy adults don't require much medical attention. However, adult wellness visits are still important. As we age, there are things to keep on your radar.

Preventive care, counseling and screenings can help identify any potential issues. Early intervention and treatment can often keep concerns from becoming big issues.

**Looking for screenings that may be right for you?
See the next page for additional details and information.**

Your primary care doctor knows what screenings are right for you. See the chart below.

Important at any age	Ages 40-64	Ages 65 +
<input type="radio"/> Alcohol	All concerns from the first column, <i>plus</i>	All concerns from the first column, <i>plus</i>
<input type="radio"/> Blood pressure	<input type="radio"/> Colorectal cancer	<input type="radio"/> Abdominal aortic aneurysm
<input type="radio"/> Breast cancer	<input type="radio"/> Lung cancer	<input type="radio"/> Colorectal cancer
<input type="radio"/> Cervical cancer	<input type="radio"/> Osteoporosis	<input type="radio"/> Hearing
<input type="radio"/> Cholesterol	<input type="radio"/> Prostate cancer	<input type="radio"/> Lung cancer
<input type="radio"/> Diabetes		<input type="radio"/> Osteoporosis
<input type="radio"/> Dental		<input type="radio"/> Prostate cancer
<input type="radio"/> Depression/anxiety		
<input type="radio"/> Eye exam		
<input type="radio"/> Immunizations		
<input type="radio"/> Infectious diseases		
<input type="radio"/> Skin		
<input type="radio"/> Testicular cancer		

Start your year off right by booking your appointments now. Whatever stage of life you're in, you can take steps to care for what's next.

Not a Livongo member? See if you're eligible for personalized health support at Go.Livongo.com/ACSHIC