

Put Your Health First



1. Make time for physical activity, healthy eating, relaxation, and sleep.
2. Get the preventive services that are right for you!
3. Take an active role in your health care.
4. Keep track of your health information.

For more resources and information on free preventive services, visit go.cms.gov/c2c.



Thank you for taking time to put your health first!

APPOINTMENT REMINDER

_____ has an appointment scheduled with
_____ on _____ at _____ am/pm.

Be sure to ask about _____

Office Address: _____

Office Phone Number: _____

Note: If you cannot make your appointment, be sure to call your provider's office!
Give them plenty of notice, because there may be a cancellation fee. Ask about the policy now!

Remember... your provider wants to see you, even when you're well! Make an appointment for a checkup and talk with your doctor about which FREE preventive services are right for you!