

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.



Thank you for taking time to put your health first!

Today, _____ , I received a preventive health screening!

I had a screening for: _____.

My result was: _____.

The result means: _____.

Need to follow-up for the results.

Need to make an appointment about the results.

My next screening will be: _____.

*If you have questions about your health or the result of a service you received,
call your primary care provider!*