

# Why are Screenings so Important?

Do you have 20 minutes? In this short amount of time, you can find out if you have significant health risks. Take part in a screening and you may avoid a lifetime of serious health problems.

## 5 reasons you should get screened

### 1. Know Your Numbers

Did you know that many people with high blood pressure, diabetes, and heart disease don't even know it? When you know your risks, you can act on them before they become life-long problems.



### 2. Expert Health Advice

When you get screened, you can talk with health professionals who know how to help you reduce your health risks. They help you plan steps to take to be the healthiest you can be.



### 3. Enjoy Your Life More – Now and in the Future

Your life matters to your family and friends. A 20-minute screening helps you on the way to having your best health, now and for years to come.



### 4. Free and Confidential

You can get screened without paying a penny! This is a great benefit. And your individual health results are confidential. None of your personal information is shared with your company.



### 5. Manage Your Own Health!

It's your life. When you know about your health risks, you can start making changes – to eat healthier, exercise more, and be healthier!

*Play with your kids. Engage in hobbies. Enjoy your family and friends.*

**Screenings can start you on the path to a happier, healthier life!**

