

# Get Up to Date

## **Check the Guidelines**

Review the USPSTF screening guidelines to see which ones may be relevant for you.

## **Check with Your Healthcare Provider**

Talk with your provider to confirm which screenings may be necessary.

## **Check Off a Screening**

If you are not current with your screenings, schedule or complete at least one this month.

Your Wellbeing Activity

## **Get Up to Date with Screenings**

Review the USPSTF screening guidelines and check with your healthcare provider to see which health screenings are necessary for you. Then, schedule or complete at least one health screening this month to get up to date.



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