

The why when and what of Annual Health Checkups



Annual Health Checkups

- Are a step towards preventive care
- Lower healthcare costs
- Eliminate further growth of diseases
- Reduce risk of complications
- Increase life span



Who should get them?

Annual health checks are recommended for people of all ages



Include these tests in your checkups

- Routine physical exam
- Blood pressure
- Sugar
- Cholesterol
- Vitamin levels



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