

GET YOUR HEALTH in Gear



Even if you're not having any health problems, you should still see your doctor for regular checkups. Many of the top risk factors for serious health problems are within your control. You may need to think about other types of health checks, as well, including colon cancer screenings and mammograms. An early diagnosis of a serious condition can lead to improved treatment outcomes.

Learn more in the Live Healthy section of www.BlueChoiceSC.com.

