



Give yourself the gift of preventive care!

- ☑ Checkups
- ☑ Immunizations
- ☑ Health screenings
- ☑ Prenatal care

If you want to look and feel your best, preventive care services are essential to good health – plus they're one of the best things you can do for yourself and your family.

Find time for routine checkups. For a list of recommended screenings for you and your family, go to medica.com/preventivecare.



Discover all the valuable health and wellness resources for you at medica.com/managemyhealth.

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