

Lifesavers



Preventive health screenings save lives.

Each year, potentially preventable chronic diseases are responsible for millions of deaths among Americans.

If everyone in the US received recommended clinical preventive care, we could save over **100,000 lives a year.**

Are you up-to-date on your preventive screenings?

Talk to your *Health Care Provider* about which screenings you should schedule. Take time for these **Lifesavers**:

- Mammogram & pap test for women
- PSA test for men
- Colonoscopy
- Glucose - Diabetes
- Blood pressure check
- Cholesterol – LDL & HDL

Source: Covenanthealth.org