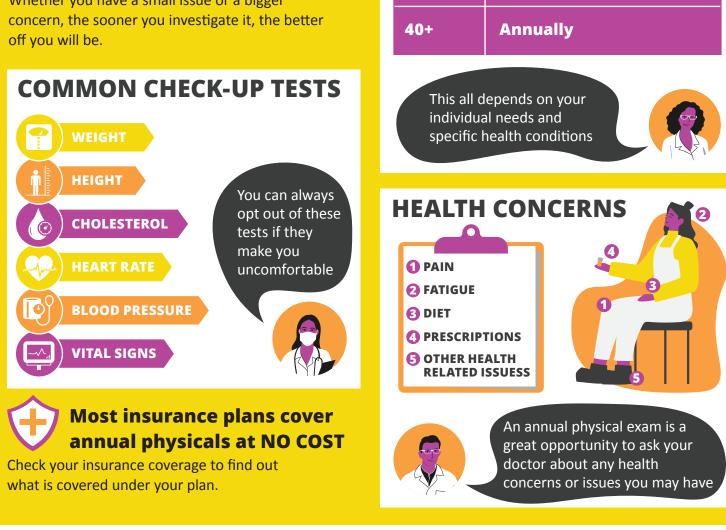
## **IS IT TIME FOR** A HEALTH **CHECK-UP?**

In recent years, there has been debate over whether getting a yearly physical is necessary. Use your best judgment to determine when and how often you should go in for a physical exam. If you have even a slight concern, schedule an appointment with your doctor.

Whether you have a small issue or a bigger



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Scan here to view a video about Health Check-up information

**HOW OFTEN** 

**SHOULD YOU GO?** 

**Every few years** 

When to go

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Age

20 - 30's

