Health screenings can save lives

You take your children for regular health checkups to protect their health. You, too, need preventive health screenings to increase your chances of living a longer and healthier life. For example:

- A colonoscopy can find and remove polyps. These overgrowths of tissue on the lining of your colon may turn into cancer.

- Cervical cancer can be prevented nearly 100 percent of the time with regular screenings and early treatment, if needed.

Approximately one half of all cancer deaths may be prevented by not smoking, staying at a healthy weight, eating nutritious foods, and being physically active.

Yes ✔

Schedule health screenings you need this year. Write when you will have these.

No ✖

Don't use excuses, such as "I don't have time" or "That illness doesn't run in my family" to keep you from getting health screenings you need.