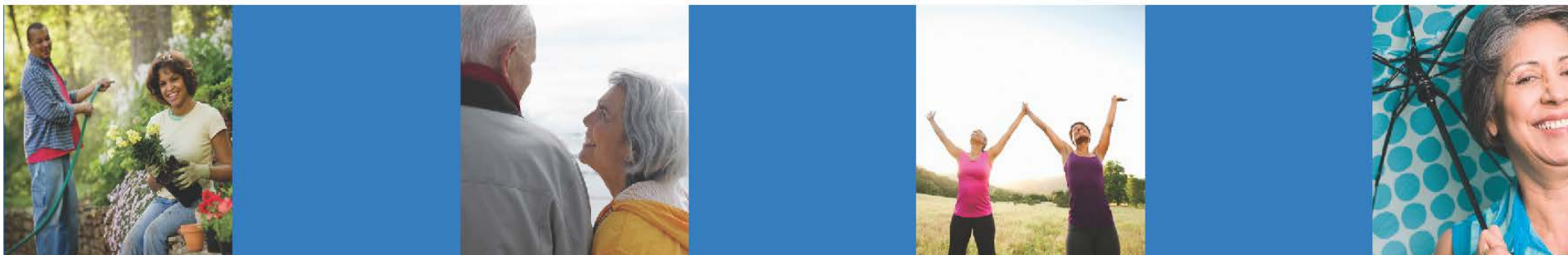


# Knowing Your Numbers Is Important...

Knowing Your Numbers helps you on the road to good health.

# WHY?



- **Establish baselines.** Getting a physical will establish baselines for things like weight, blood pressure, and cholesterol.
- **Decrease risk of cancer.** For men, getting PSA checked; for women, getting a mammogram and regular pap test can help avoid or at least detect cancer early on.
- **Detect health problems early.** According to the CDC, 133 million Americans are currently living with an undiagnosed chronic disease.
- **Stop diabetes before it starts.** Diabetes has been linked to heart disease, obesity, stroke, Alzheimer's, metabolic disorder and many other diseases.
- **Lower your coinsurance.** Participants qualify for a better tier level of coverage which will lower your coinsurance. That means you'll save hundreds of dollars on your out-of-pocket healthcare expenses.

[How to Get Your Health Screening](#)