

Get Up to Date

Check the Guidelines

Review the USPSTF screening guidelines to see which ones may be relevant for you.

Check with Your Healthcare Provider

Talk with your provider to confirm which screenings may be necessary.

Check Off a Screening

If you are not current with your screenings, schedule or complete at least one this month.

Your Wellbeing Activity

Get Up to Date with Screenings

Review the USPSTF screening guidelines and check with your healthcare provider to see which health screenings are necessary for you. Then, schedule or complete at least one health screening this month to get up to date.



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