



Stay Healthy 2019

Flu Vaccine 2018–2019	Mammogram/ Self breast or if <40 testicular exam	Exercise 3–4 times a week	Eat 3–5 servings of fruit & veggies
Controlled Blood Pressure	Web Enabled @CVMG	Wear sunblock daily	Annual Diabetic Eye/ Optometry Exam
Controlled Glucose	Controlled Cholesterol	TDAP Vaccine	FREE for <50 Colonoscopy / FOBT
No Smoking	Pap smear PSA >40 FREE for <40 male	Annual Physical	Annual Dental Exam