Life
HEALTH CARE

Essential health checks for a healthier year ahead

Blood pressure
Helps detect hypertension early and reduce the risk of heart disease and stroke.

Cholesterol
Supports heart health by identifying unhealthy cholesterol levels before symptoms appear.

Blood glucose
Screens for diabetes and pre-diabetes to enable early lifestyle or medical intervention.

Eye check-up
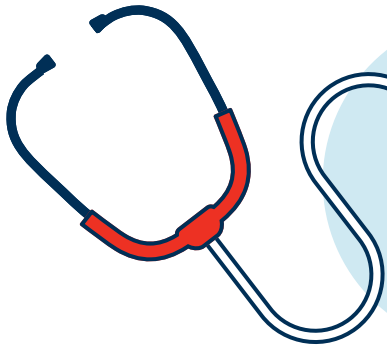Detects vision changes, eye strain and early signs of eye disease.

Dental check-up
Prevents gum disease, tooth decay and supports overall health.

Body Mass Index (BMI)
Helps detect hypertension early and reduce the risk of heart disease and stroke.

Preventive screenings
(age- and risk-dependent)

Cancer screening
Includes mammograms, pap smears, prostate checks and lung screenings where relevant.

Routine blood test
Helps identify nutrient deficiencies, inflammation and early warning signs of disease.

Health checks for those who are wise in years

+ Bone density screening
+ Bowel (colon) screening
+ Prostate health check
+ Hearing check
+ Heart health screening
+ Mammogram

*Speak with your healthcare provider to tailor these checks to your needs.

Why it matters

Regular health checks can help you:

- ✓ *Detect* issues early
- ✓ *Prevent* chronic disease
- ✓ *Maintain* long-term health and productivity

Preventive care is one of the greatest investments you can make *in your health.*

Making life better