

- Testing, testing. For adults of all ages, it's really important to have a routine checkup once a year and it's included in your health plan.

- You can expect to get your blood pressure checked and to get screened for various types of cancers. The big thing is to identify and get ahead of any potential health issues as early as possible.

- And if you have any questions about medications or anything health related, this is a great time to ask them.

- If you don't have a regular doctor, we can help you find one.

- There's really no question too big or too small. If it's about your health plan.

- We're here to help.