

This is a wake up call.

DON'T PUT OFF YOUR
ANNUAL PHYSICAL.

Annual physicals and preventative screenings can help find health problems early, and sometimes before they even start.

Contact your primary care provider to schedule your annual physical.

Don't have a primary care provider?

- Log in to your online member account at bcbsm.com or on the **Blue Cross mobile app** and use the *Find Doctor* tool.
- Kalamazoo Employees – may contact the employee health center.

269.924.0500

