

healthy choices



live well. be well.

# Preventive Care

Be proactive in taking control of your health and wellness. A long and happy life begins with preventive care. When you come in for a wellness exam, you're taking responsibility for your health. Preventive exams should be done at least once a year to avoid sickness and identify problems such as undetected hypertension or high blood pressure, borderline diabetes, or any other potential physical problems before they arise.

The sooner you can detect these conditions, the sooner you can plan your path to a healthier, longer, and happier life.



## Take Control

Paid at

**100%**

When you choose an in-network provider.

Common screenings for all adults:

- Cervical Cancer Screening
- Breast Cancer Screening
- Colorectal Cancer Screening
- Immunizations

## Importance of a Primary Care Physician

A primary care physician is essential to help an individual navigate to good health and stay healthy; preventing disease by identifying risk factors; coordinating and managing chronic disease care for longevity and a better quality of life. Your primary care physician may talk to you about the screenings discussed in this article. **Visit [www.655hw.org](http://www.655hw.org)** to locate a primary care physician.



# It's Almost Time For Open Enrollment

# 2023

Keep an eye out for your Open Enrollment notification via mail, email or text!

**EVERYONE must return an Open Enrollment form for the 2023 period!**

## Welcome Tasha Curry to the Welfare Fund!



Tasha is our new Local 655 Healthcare Benefit Specialist! She will be visiting various store locations throughout the year to assist you with eligibility, benefits and much more.

Call the Welfare Fund to see if Tasha might be visiting your store soon!

(Tasha's schedule is subject to change due to different variables.)