



GO. KNOW. TAKE CONTROL.®

Schedule your Yearly 360 Exam.

What is the 360 Exam and why is it so incredibly important to do it? The 360 is a deeper, more comprehensive physical exam, assessment and conversation enabler.

One of the most important ways to take control of your health is to get your Yearly 360 Exam. Many serious health problems have no signs or symptoms. So, even if you're feeling fine, it's still recommended that you see your doctor every year for a check-up. The exam is covered by your Cigna plan, so there's no additional cost to you.

The Yearly 360 Exam provides a full-circle picture of your health that helps:

- › Detect many health problems while they are more treatable and less costly.
- › Focus on your preventive care needs.
- › Develop your customized care plan.
- › Encourages open, honest communication with your doctor.



This comprehensive exam includes:

- › Medical history
- › Medication review
- › Past surgical history
- › Past family and social history
- › Physical exam
- › Review of systems
- › Pain screening
- › Depression screening
- › Fall risk screening
- › Diabetic foot exam
- › Preventive care

Schedule your Yearly 360 Exam. Call your Primary Care Physician today.

Together, all the way.®



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PICTURE YOURSELF HEALTHIER AND HAPPIER

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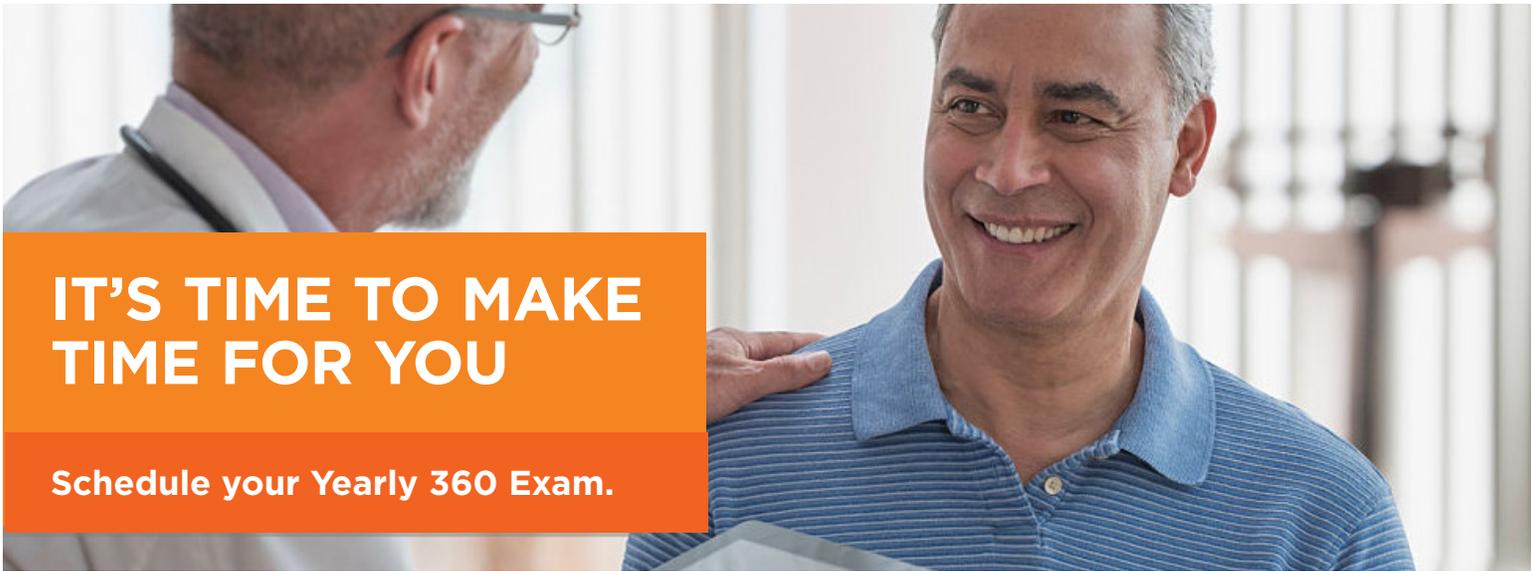
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IT'S TIME TO MAKE TIME FOR YOU

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