

# Benefits of Check-Ups

**Give yourself peace of mind  
knowing your body is in good health.**



## Pap Smear

- **Every 3 to 5 years starting at age 21**
- **Lowers your chances of Cervical Cancer**
- **Takes less than 30 minutes**

## Mammogram

- **Every year starting at age 40 unless your healthcare provider recommends earlier**
- **Lowers your risk of advanced breast cancer**
- **Takes less than an hour**

**Love yourself  
as you walk in the beauty of life**

**Call your Provider  
to make an appointment.**

