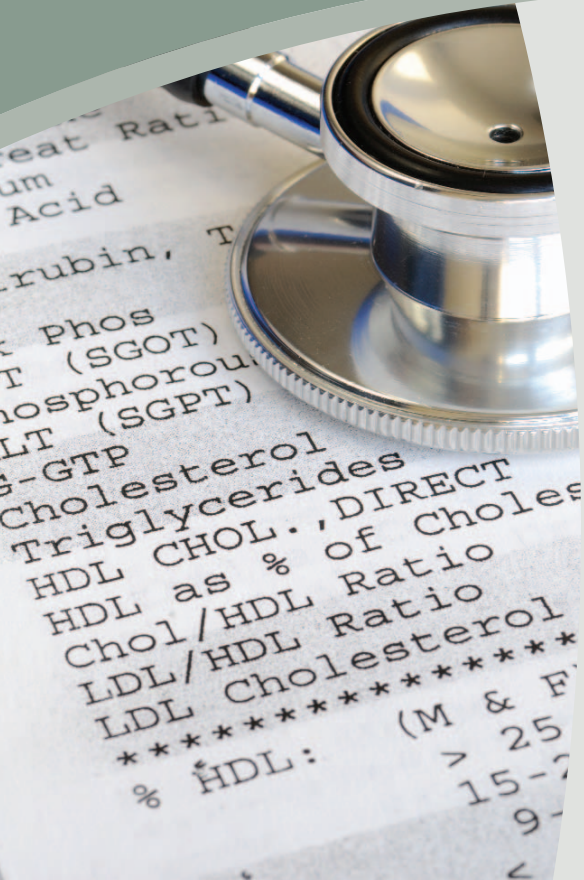




BlueCross BlueShield of Texas

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Are you good with numbers?

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Maybe math is not your thing, but there are some numbers we all need to know. Health problems can add up quickly. That's why it's important to have a health checkup each year. Preventive screenings help you learn your numbers and address health concerns before they become more serious—or prevent problems altogether.

Schedule a health checkup. Be prepared to talk with your doctor to find out which preventive screenings you need:

- Blood pressure
- Cholesterol
- Triglycerides
- Fasting glucose (blood sugar)
- Body mass index (BMI)

Solving the total health equation is a lot easier if you know your numbers.

Source: Centers for Disease Control and Prevention

