



Prevention is your best defense.

There are things you can do to lower your risk of cancer and take steps toward prevention. Talking to your provider about your family history is a great place to start. They can recommend screenings, vaccines and lifestyle changes specific to you.

Know your risks and take steps like these to help prevent cancer.

- Regular screenings to increase chances of early detection
- Vaccines to protect against some cancer caused by viruses such as HPV and Hepatitis B
- Healthy habits like living substance-free and maintaining a healthy weight

Schedule your screening.
Call your Wellness Center to schedule.

Who can use these services?

The Wellness Center is available to all employees, regardless of medical plan.



The Wellness Center
Operated by Premise Health.

