



Make every beat count



You only have one, so give your heart the care it needs.

Schedule regular checkups at your wellness center to monitor your body measurements, cholesterol and blood pressure. It's also important to live a heart-healthy lifestyle. Simple changes in your routine can help keep your heart in good shape and lower your risk of heart disease or stroke.

Connect with your provider.
Call your local wellness center and schedule your appointment today.

Who can use these services?

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



The Wellness Center
Operated by Premise Health.