

Take control of your health.



As your health ally, we encourage you to see your provider when you feel well, rather than just when you're sick. A Preventative Health Exam is your opportunity to get a better understanding of your health, build a relationship with your provider and avoid preventable health issues.

What to expect

During your visit, your provider may:

- Review your health history and identify any potential health concerns
- Check your vital signs and perform a physical exam
- Update your vaccinations, if needed
- Test your cholesterol, blood glucose and kidney and liver function
- Perform any age-appropriate preventative screenings

Call your local wellness center and schedule your Preventive Health Visit today.

Who can use these services?

All Lockheed Martin employees are eligible regardless of their health plan.

