

# 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.



The Wellness Center  
Operated by Premise Health.