

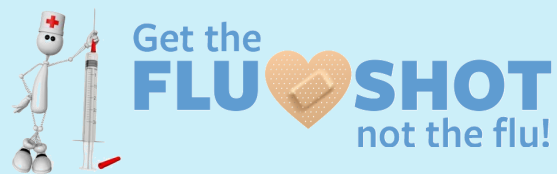
Take Steps to Stay Healthy

To prevent illness, get your flu shot and complete your health screenings.

Flu season is coming. You may be at higher risk of serious flu related complications. Protect your health. Get your flu shot today.

Vaccines are available at many places:

- Doctor's Office
- Pharmacies
- Retail Store
- Urgent Care



Schedule your Annual Wellness Visit before the end of the year. Ask your doctor about health screenings you may need, such as:

- Blood tests
- Blood pressure check
- Cholesterol levels
- Diabetes screening
- Cancer screenings



Follow up on your results and stay on top of your health.

 **Astrana Health**