OCTOBER IS TAKE A LOVED ONE TO THE DOCTOR MONTH

Get a check-up and health screenings... They just may save a life!

Knowledge is Power: Know Your Screening numbers

• BLOOD PRESSURE • CHOLESTEROL • BODY MASS INDEX • BLOOD SUGAR

The power of good health starts with you and your family!

Read and understand the health information for you and your family.

If you're not sure about something, ask your doctor questions.

Follow all of the directions on any prescription medications.

Florida HEALTH

For more information go to the Office of Minority Health and Health Equity website

www.floridahealth.gov/doctormonth