

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.



For more information go to the Office of Minority Health and Health Equity website
www.floridahealth.gov/doctormonth