



# 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](http://www.floridahealth.gov/doctormonth)**