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# REASONS WHY NOT TO DELAY YOUR ANNUAL PHYSICAL

As we return to the "new normal," there may be some things that you still avoid. Getting your annual physical should not be one of them. It's smart to check up on your overall health every year. Here are 6 reasons why.

## 1

### Prevent health problems

Your annual physical isn't just an appointment. It's a snapshot of your health. That snapshot — and how it compares to last year — can go a long way in identifying and managing any risk factors that could lead to future health problems.

## 2

### Detect issues early

A physical puts you in charge of your health — and could even save your life. By detecting a major health issue early, your doctor can make sure you're in a position where treatment can be most effective.

## 3

### Save money

Detecting issues early can save you money, too. If your doctor detects a health issue before it becomes a major problem, you could avoid significant medical costs in the future.

## 4

### Review and renew medications

Checking up on medications (prescriptions and over-the-counter products) can ensure you're treating medical issues in the best way possible — while also minimizing undesirable drug interactions and side effects.

## 5

### Update vaccinations

Vaccinations aren't just for children. Staying up-to-date on yours now is an easy way to prevent a disease that could have significant consequences in the future.

## 6

COVID SAFE

### Get Care Safely

At Atrium Health, we like to do a little extra — not just to provide you with the best care, but also to keep you COVID-Safe. In fact, we are setting the national standard for COVID-Safe care. Safety measures are in place across all locations. From providing PPE to all patients to additional cleaning of high-touch areas, we're stepping up to make sure you're confident and comfortable every time you visit us.

Ready to schedule your annual physical? We're here for you.
Call your primary care provider today to schedule your appointment.

**Don't have a primary care provider?
Call 844-257-7824 and we'll help connect you to one.**