

10 October 2025

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EFR EMPLOYEE & FAMILY RESOURCES

Tune Up

When was the last time you did a health check? If you're paying closer attention to when your car needs an oil change than you do your regular health screenings, it's time to re-prioritize! Jot down the last time you connected with a health professional (where applicable) across these important aspects of your wellbeing:

- **Annual Exam** – blood pressure, glucose, cholesterol screen
 - **Annual Exam** – pap smear, mammogram, breast exam
 - **Annual Exam** – prostate screening
 - **Annual Exam** – colorectal cancer screening (colonoscopy)
 - **Dental Exam**
 - **Eye Exam**
 - **Mental Health** – don't forget you have access to counseling services through EFR!
- Scan the QR code or call 800-327-4692 to learn more.**

