

AT YOUR ANNUAL CHECKUP, YOUR DOCTOR WILL CHECK YOUR VITAL SIGNS.



Normal blood pressure range =
**120 OR LESS/
80 OR LESS**

Normal heart rate =
**60 - 100 BEATS
PER MINUTE**



A MAMMOGRAM
can detect a lump up to three
years before it can be felt.



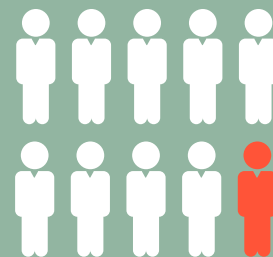
An early diagnosis can
reduce the risk of dying from
breast cancer by at least
25% TO 30%.



ABOUT 12%
of all cases of colorectal cancer
are diagnosed in people under 50
in the United States each year.



Colorectal cancer is the
THIRD MOST COMMON
cancer in men and in women
in the United States.



9 OUT OF 10
people survive at least
5 years when colorectal
cancer is detected early.

For additional resources or to find a doctor in your area,
log in to your health plan's website.



www.PAISC.com

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