

IMPORTANT REMINDER







A New Year, A Healthy You

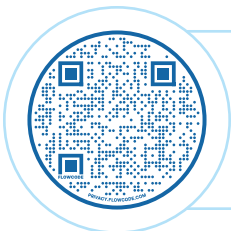


Start your year off right by getting your check-ups scheduled

Make sure you stay up-to-date with all of your check-ups this year by scheduling your doctor visits in advance. Not sure which appointments you need to schedule?

It's important to keep up with the following visits:

-  **Dental exams**
-  **Annual vision exam**
-  **Check-ups and shot appointments for kids**
-  **Annual check-up**
-  **Annual gynecologist visit**
-  **Mammograms or colonoscopies** *(if you qualify)*



For help finding a provider, call us at **800-356-1204** or use the *Find a Provider* tool on the MDwise website.

Go to MDwise.org/MDwise/Find-a-Provider-MDwise to get started.

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