

A health coach will work with you to set personal wellness goals.

- Mammogram
- Clinical breast exam
- Pap test
- Blood pressure
- Cholesterol
- Blood sugar

Screenings may include:



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[CancerUtah.org](http://CancerUtah.org)

Free your worries



# Schedule a free cancer screening



*Find a clinic near you*  
**Call 1-800-717-1811**

It's time to schedule your annual health screening.

In just one visit, you can check your heart and be screened for some of the most common cancers.

## For your appointment:

- ☐ Bring any medication bottles with you.
- ☐ If you have insurance, bring your card(s) with you.
- ☐ Bring a document to verify your income (you can bring things like your paystub or a letter from your employer).
- ☐ Do not schedule your exam during your period.

If you have questions, please call us.

(for client use)

**My appointment is at:**

DATE \_\_\_\_\_

TIME \_\_\_\_\_

LOCATION \_\_\_\_\_



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