

January is Preventive Health Month

Take proactive steps to maintain or improve your health and prevent the onset of diseases or conditions.



Important Screenings for Men

Blood Pressure
Cholesterol
Colon Cancer
Depression
Diabetes
Prostate Cancer



Important Screenings for Women

Blood Pressure
Breast Cancer
Cervical Cancer
Cholesterol
Colon Cancer
Osteoporosis



MotivateMe®

MotivateMe® is a voluntary incentive-based program and platform that tracks and records your wellness sponsored activities. MotivateMe® provides monetary incentives for completing preventive exams and participating in CTA sponsored wellness activities.

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