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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