

# Be your own bodyguard.

When it comes to wellness, the best defense may be a healthy offense.

Proper nutrition, health screenings and immunizations are some healthy ways to fight heart disease, cancer, pneumonia, influenza and other threats to your health.

Protect your health by staying on top of screenings:

- Cholesterol and BP checks
- Blood glucose
- Colorectal cancer screenings
- Depression screenings

Talk to your doctor to find out what screenings you need.



Visit [anthem.com](https://www.anthem.com) for more information on staying healthy and preventing disease.