



# Get a head start on a healthier you

## Find out how to take better care of your whole health with our Healthy Start™ checkup

Your first step to better health begins with a complete, head-to-toe Healthy Start checkup. At this important first appointment, compassionate Carelon Health doctors, nurses, and other care team members get to know and understand you and your health goals, and anything preventing you from reaching them.

### Your first checkup includes a **personalized care plan**, and:

- Preventative screenings.
- On-site lab testing.
- A review of your medicines.
- A connection to specialty care, if needed.
- A review of your behavioral health.
- A review of your movement and balance.
- A review of health and wellness programs to take care of ongoing health problems.
- An introduction to all the Carelon Health care programs and services available to you.

Your Carelon Health primary care doctor, nurse, and care team will use this information to create a personal care plan to help you live your healthiest life.

**Schedule your Healthy Start appointment today by calling 888-291-1387.**

New name effective in 2024

