

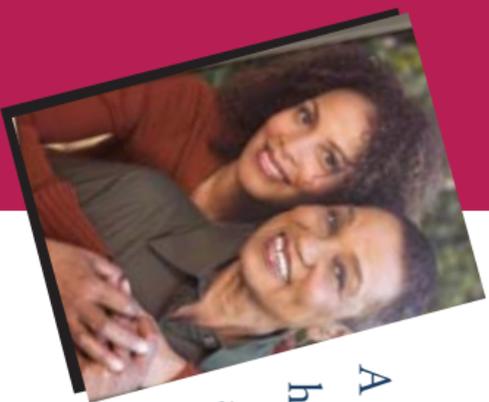
Live Like Your Life Depends On It.



Live Well
MESSAGE ALLIANCE

Worth the time it
takes to get your blood
pressure checked.

health.mo.gov



A quick visit to see your health care provider could add years of special times like this to your life. Get your blood pressure checked regularly, take your medication as prescribed, watch your weight and exercise. With all of the great times ahead of you, it's worth it.

Visit your doctor at least annually and ask about health screenings.

Visit health.mo.gov for more information.

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