



## HR Healthy Hub Schedule Your Annual Physical



We all know we're supposed to go to the dentist twice a year, and that most of us should get an Annual Physical. Depending on your age, there may be other regular tests or preventative screenings you should get. Even though you know you should go, there's always some reason not to. Maybe you forgot to take a day off work or **schedule the appointment in the first place**. Sometimes digging up the doctor's number is a big enough hurdle when the time comes. Let's fix that right now. Open your favorite calendar and use this guide to make sure you never miss a checkup or important test again. [AppointmentReminders.com](https://AppointmentReminders.com) can send you a reminder for your Annual Physical by email, text, and call. You won't have to worry again.

### Benefits of Preventive Care

- Decrease your likelihood of getting sick
- Detect chronic illnesses or life-threatening conditions early
- Improve your chances of getting the correct treatment
- Monitor pre-existing conditions
- Reduce the likelihood of developing complications
- Lower health costs overall by avoiding the need for special treatments
- Develop a relationship with your healthcare provider

### Preventive Care Measures

There are many different types of preventive examinations and tests that your doctor can administer. Which tests or exams you need to depend on your family history, lifestyle choices, and overall health. Discuss with your doctor to see which means of preventive care they recommend for you. Some of these preventive screenings and tests include:

- Family history counseling
- Physical examination
- Immunization and booster shots
- Blood pressure check
- Cholesterol check
- Body mass index check
- Cancer screenings
- Colonoscopy
- Diabetes test
- Mammograms for women
- Pap smears for women
- Prostate exams for men
- Vision test
- Hearing test
- Dental exam
- Mental health evaluation



# July Events



## Friday, July 3: 5:30pm-9pm

Anderson Auto Group sponsors First Friday.

Location: Downtown Kingman

## Saturday, July 4: 8:30am-12:30pm

Anderson Auto Group sponsors the Living History Exhibit.

Location: Centennial Park

## Saturday, July 4: All Day

All Anderson Auto & Powersports stores closed.

## Saturday, July 18: 8am-12pm

Anderson Auto and Powersports Group sponsors Back to School Health Fair.

Location: LHC Aquatic Center

## Wednesday, July 22: All Day

Anderson Auto and Powersports Group sponsors New Teacher Orientation.

Location: Lake Havasu High School

## Thursday, July 30: 5:30-8pm

Anderson Ford Bullhead sponsors Back School Night.

Location: Mohave High School



Employee Quot

## Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in July with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Chris Strang	25	AAG
Joan Burger	24	CDJR
Jason Larson	15	Powersports AZ West
Kyle Elliot	10	Toyota
Jackson McCallum	10	Toyota

