

Men's health is important. So are you.

Your health isn't just about you — it's about being there for the people who count on you. Preventive care can catch issues early and help you feel your best.



Schedule your annual
checkup with First
Stop Health



Make time to quit
smoking or cut back
on alcohol



Take care of your
mental health



Stay active and
maintain your weight



**Don't wait. Take charge of
your health today.**



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