

Many adults might not think a yearly checkup is really necessary, especially when they consider themselves to be in good health. However, nearly one third of the 133 million Americans living with a chronic disease are unaware of their health condition. In fact, a chronic disease causes 7 out of every 10 deaths.

Preventive care to offset a chronic disease should be woven into all aspects of life, including where and how we live, learn, work, exercise, as well as our health care. Getting a yearly checkup is important in maintaining good health, and should be an integral part of anyone's health care routine.

First 2 Aid's uniqueness comes from our ability to provide a full service Health and Safety program to our clients. Our Corporate Wellness program is the key to making this happen. Many companies have or know of health screening services that can provide onsite services and test for biometric data including BMI, Cholesterol, and Blood Pressure. While we have the ability and often provide these services, we also have the unique ability to provide on location physicals and immunizations to your entire staff through our partnered Doctors, Physician Assistants and Nurse Practitioners.

The saying, "an ounce of prevention is worth a pound of cure" is especially true when applied to health care. When you have First 2 Aid come to your workplace for your annual exam, you are making an important decision to take responsibility for your health and overall quality of life.