



3 REASONS WHY REGULAR HEALTH CHECK IS IMPORTANT

1. **Lower Healthcare Costs** - Regular check-ups ensure that you save money in the long run. It is because regular health check-ups mitigates the risks of potential health ailments that can turn out to be dangerous.
2. **Early Detection from Blood Tests** - During a regular health screening the doctor may ask you to do a blood test. These blood tests are done in order to eliminate the risk of diseases that can show up in your blood. They include cholesterol, diabetes, cancer, high blood pressure, anemia, HIV/AIDS, as well as coronary artery diseases.
3. **Keeps you Abreast of your health** - Your screening report will tell your doctor all they need to know about your health. It is the job of a doctor to warn and/or give you advice on how you can better maintain your health.