

## A head start on a healthier you with your Healthy Start checkup

Your first step to better health begins with a head-to-toe Healthy Start™ checkup. At this important first appointment, your Carelon Health doctors, nurses, and other providers get to know and understand you and your health goals, so they can help you reach them. This closer look at your health includes:

- Preventive screenings.
- On-site lab testing.
- A review of your medicines.
- A connection to specialty care, if needed.
- An assessment of your behavioral health.
- A review of your movement and balance.
- A review of health and wellness programs to take care of ongoing health problems.
- An introduction to all Carelon Health care programs and services available to you.

Your Carelon Health primary care doctor, nurse and other providers will use this information to create a personal care plan to help you live your healthiest life.

## Carelon Health Care Center in Iowa

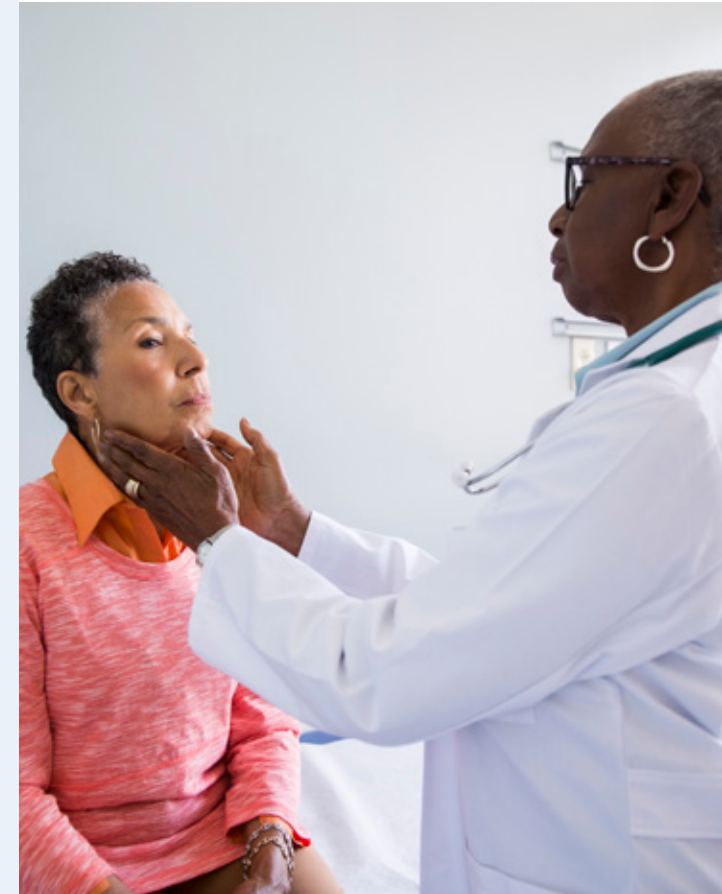
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Visit us at  
[carelonhealth.com](https://www.carelonhealth.com)

Programs and services vary by market.

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## Whole-health care created just for you

## We support your whole health at every stage of life

Your Carelon Health care team will help you be your healthiest by:

- Creating a care plan just for you, based on your health needs and goals.
- Helping you get the right care you need, when and where you need it.
- Spending extra time to get to know you and your health during unrushed care visits.
- Supporting every part of your health and well-being including physical, emotional, and social, from nutritional needs to financial issues to family relationships.

## Your entire care team is focused on you

Your care team includes doctors, nurses, and other providers. Social workers, pharmacists, community health workers, case managers, and specialists will also help you reach your highest level of health.

## Get complete care for ongoing health problems

If you're living with long-term health issues, we can help you manage them with:

- Nationally recognized disease management programs.
- Prevention programs to keep you healthy, such as medicine reviews.
- Care where and when you need it — in our Carelon Health Care Center, virtually, at home, or in a nursing center or hospital.

