



## Safety Message of the Day for IMEA Members



### Importance of an Annual Checkup Safety Message

It is human nature to be reactive instead of proactive in many aspects of life. Our health is one area where many people do not take steps to improve it until after a problem occurs. This is a reactive approach. It is important to have a proactive approach to protecting your health. Going to your doctor for an annual checkup is an important part of a proactive approach to maintaining good health.

### Why People Don't Go to the Doctor

They use the excuse, "I feel healthy; nothing is wrong"

Money issues or no insurance

They say they do not have time

They rather wait until they get sick or hurt

The reasons listed above represent only a few of a large number of reasons why people do not go to the doctor annually. None of the reasons listed above should serve as an excuse to avoid going to the doctor. Time and money, especially, should not hold us back from going to the doctor. If a small problem develops into a large problem, **so will the time and money needed to address it.**

Our health is everything. Without it, we have nothing. Everything you do in your life right now depends on your good health. Make it a point to get to the doctor every year, whether you feel good or not. Catching a small problem before it grows into something major may make all the difference between premature death and living strong for a few more decades.