

AMO offers **Free** Health Screenings!

AMO provides you with an excellent way of reaching your health goals through our **FREE** Health Screening Program.

One of the health benefits you receive as an AMO member is our **FREE Health Screenings**. The health screenings available at AMO are **not** typically done by your primary health care physician. **AMO Plans** has designed an **excellent** health screening program which allows you to identify your health risks and thereby promote health through awareness and prevention. The following list describes the health screenings we provide

Cardiovascular disease:

- **ABI:** ABI stands for Ankle Brachial Index. This innovative screening device is a noninvasive way to check your risk for peripheral artery disease (PAD), a condition in which the arteries in your legs or arms are narrowed or blocked.
- **Carotid Artery Disease screening:** provides early detection of risk factors in their earliest stages before it ultimately leads to the occurrence of a stroke. Your carotid arteries are the two large blood vessels in your neck that supply blood to your brain.
- **Abdominal Aortic Aneurysm Screening:** Helps screen individuals who may be at risk for the development of an aortic aneurysm. An Abdominal Aortic Aneurysm (AAA), a specific kind of aneurysm, is a condition in which the lining of the blood vessel called the aorta is enlarged within the abdomen. Abdominal aortic aneurysms pose a threat because they are usually silent until a medical emergency occurs.

These benefits are provided to you at **No Cost!** Why not take advantage of this opportunity while you are here.

For more information please call **EXT 7305**

