



# Take Steps Toward Preventive Care

## Proactively Manage Your Health With a Trusted CirrusMD Doctor

### PREVENTIVE HEALTHCARE AT YOUR FINGERTIPS

CirrusMD doctors can help you understand risk factors and manage conditions related to preventive care.

They can provide guidance on the timing and reasons for screening for specific conditions.

They can even schedule labs and other diagnostic tests, then help you review the results.



### Download the CirrusMD app today

### WHEN TO USE CIRRUSMD FOR VIRTUAL PREVENTIVE CARE

#### PREVENTION VISITS

CirrusMD is a great option when you have questions about preventive care. You can ask a doctor without leaving your house or taking time off work. CirrusMD doctors can help you stay up-to-date with preventive care needs like vaccinations and screenings.

#### CHRONIC CONDITION MANAGEMENT

With CirrusMD, you can chat with a doctor who is ready to help, even when you need assistance with a chronic condition like diabetes or high blood pressure, or with long-term health goals like weight management. CirrusMD physicians and health coaches follow-up to help you stay on track with your care plan, and guide you to additional resources if needed.

*At CirrusMD we strive to resolve as many conditions and health-related inquiries as possible on our service. Sometimes our board-certified physicians may need to refer patients to in-person providers to receive the best medical care. When this is needed, our doctors have the information and tools to guide you to high-quality, cost-effective resources available through your health plan.*