



Healthy New Year

**Wishing you and your loved ones
a healthy start to the new year.**

As we welcome a new year, we want to remind you that scheduling a yearly physical exam is an important part of maintaining good health.

Five questions to ask your doctor this year:

1. What is the most important change I can make to improve my health?
2. What vaccinations do I need to be up to date?
3. What is my blood pressure, cholesterol level and blood glucose level?
4. Knowing my family history, are there screenings or tests I should have?
5. Are any of my current medications no longer needed?

To learn more or find a provider online,
visit **NNRHospital.com**

Or call **775.319.6674**

