

Use 3 Steps Detect. It Can Save Your Life!





Know Your Great

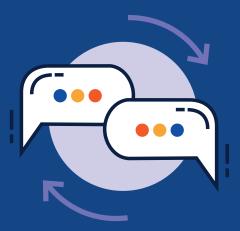
Benchmark your health, know your normal.



2

Use the 2-Week Rule

If a subtle health change lasts 2 weeks, it's time to act.



3

Share with Your Doctor

Your doctor is an investigator; you need to provide the clues.