

I know what's going on.

I know what I got to do and when I gotta do it. There is too much drama goin' on the world for me not to be takin' care of myself. I see my doctor on the regular, and what I tell him stays between us. If you don't take care of yourself, who will?

When was the last time you visited your doctor?

Take care. Get checked.

Me veo bien. Me siento mejor.

Yo sé lo que tengo que hacer para verme bien y sentirme mejor. Por eso voy al médico una vez al año. Pido mi cita y listo. Así es que me mantengo saludable.

Y lo mejor es que puedo hablar con mi doctor, en privado, de lo que sea.

¿Y tú, cuándo fuiste al médico por última vez?

Cuidate. Hazte un chequeo.

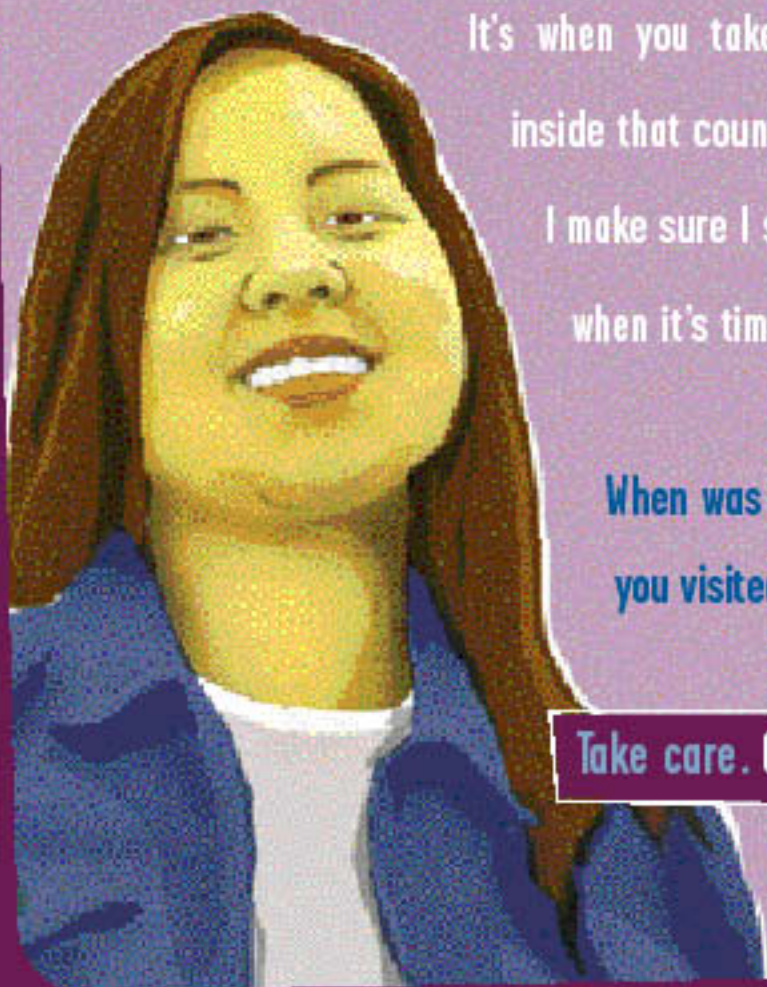
I look good. I feel better.

All the girls in my class act like they look better than me. They're always fixing their hair and putting on makeup. But I know I look good because I'm healthy.

It's when you take care of the inside that counts. That's why I make sure I see my doctor when it's time.

When was the last time you visited your doctor?

Take care. Get checked.



No big deal.

I know I have to eat, so I eat. I know I have to do my homework, so I do it. Going to the doctor shouldn't be a big deal. I know I have to make sure I'm healthy,

even when I feel ok. I know to get a check-up every year. That's it. No big deal.

When was the last time you visited your doctor?

Take care. Get checked.