

preventive care



7 out of 10

The number of **DEATHS** due to preventable and detectable chronic diseases such as **diabetes, heart disease and cancer.**

The purpose of **preventive care services** is to:

- *Help stop health problems before they occur*
- *Detect health problems while they are easy to treat*
- *Control chronic disease*
- *Establish care with a Primary Care Physician*

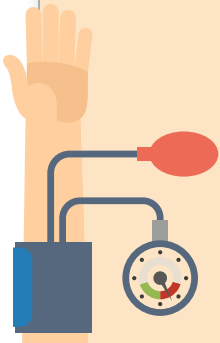
Regular health exams increase your chances of living a longer and healthier life!



Preventive Care is covered at

100%

by most health plans. Preventive Care visits are a great way to take advantage of something you already have available to you!



VACCINATIONS are also a common form of preventive care. Vaccines protect children and adults from life-threatening illnesses such as mumps, measles, influenza, **COVID-19, diphtheria, tetanus, and polio.**

Primary Care Physician

Finding a doctor you trust is an important part of staying healthy. You are more likely to schedule regular appointments and you will be more comfortable asking questions about your health. This is the physician who:

- *Treats routine illnesses*
- *Performs regular check-ups and screenings*
- *Is your first call for health concerns*
- *Refers you to specialists*

Remember your DENTAL HEALTH!

Regular visits to your **DENTIST** are necessary for the health of your teeth and gums and for prevention of pain and other disease.

MOST DENTAL INSURANCE PROVIDERS COVER A PREVENTIVE DENTAL EXAM EVERY SIX MONTHS.



Make Your Appointments Today!

Easy and Convenient Scheduling!

Most clinics now offer online scheduling. Sign up yourself and your family members on your clinic patient portal for access to scheduling appointments, health history, immunization records, requesting medication refills, and messaging your providers. Clinics are also making it easier for you to see a doctor with offering more same day, weekend, and evening appointments, as well as virtual appointments.

