



# PROTECTING YOUR WELL-BEING WITH PREVENTIVE CARE

A big part of keeping up with your health includes understanding where you are and catching issues early. The best way to do this is by getting appropriate preventive care.

## REGULAR CHECK-UPS

Getting regular medical, dental and vision check-ups is the best way to stay on top of your health and help prevent future complications.

### *Medical*

Your annual medical exam with your primary physician helps you understand your current health situation and identify any potential issues. Most medical exams include:

- Status of your blood pressure, cholesterol and blood sugar
- Screening for various medical conditions, guided by your age, sex, family history, etc.
- Administration of recommended immunizations
- The opportunity to ask questions and discuss health concerns with your doctor

### *Dental*

Routine dental care not only helps keep your smile bright, but can be a big part of your overall health care. Oral health care, such as exams, cleanings, X-rays and other treatments, helps to prevent:

- Tooth decay
- Gum disease
- Sensitive teeth
- Abnormal tooth wear
- And more

When left unchecked, these issues can impact your overall health, and even contribute toward serious health conditions like diabetes and heart disease.

### *Vision*

The status of your vision can change quicker than you think, and regular vision care helps you catch issues early.

Early detection of eye conditions related to diabetes, glaucoma and macular degeneration are key for maintaining your vision long-term.

## PREVENTIVE CARE AT HOME

You can also work to practice preventive health care in your everyday life. Examples of practicing prevention at home include:

- Getting enough sleep
- Eating a balanced diet
- Strengthening your social connections
- Staying active
- Taking prescribed medications
- Doing things you enjoy
- Reducing stress
- Practicing good hygiene

**To take advantage of your preventive care benefits,  
reach out to your benefits department or your insurance administrators.**



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