

Preventive Care

What if there was something that might help you live longer and healthier — and it didn't cost you any extra money? Sounds like a sweet deal, right?

In fact, there is such a thing. It's called preventive care. And most health plans cover it at no additional cost to you when you see a provider in your network.*

It's all about keeping well

Preventive care is designed to help you stay healthy. It may help catch health problems early — before any signs of illness. Often, that's when they're easier to treat.

Preventive care includes:

Screening tests. These help detect conditions such as diabetes and certain types of cancer — and give important information about your heart health. Your doctor can tell you what's recommended for you based on your risk factors.

Vaccines. Adults need shots to help prevent illnesses such as flu, tetanus and whooping cough.

Wellness checkups. Seeing your primary care doctor for preventive visits gives you a chance to find out what tests and vaccines you need. It's also an opportunity to discuss steps to help you live a healthier life, such as quitting tobacco, being more active or losing weight.

100,000 lives are worth a call

If everyone in the U.S. got the recommended preventive care, more than 100,000 lives could be saved each year, according to the Centers for Disease Control and Prevention.

So don't put it off any longer. Make an appointment to see your primary doctor.