

WHAT IS PREVENTATIVE CARE?



Preventative care encompasses taking steps to stay healthy and avoid problems before they start.

EXAMPLES OF PREVENTATIVE CARE

- Check-ups
 - Visit your doctor even when you feel fine
 - This may catch conditions like high blood pressure or diabetes early
- Vaccines
 - Protect from serious diseases such as the flu or pneumonia
- Healthy habits
 - Eating a balanced diet, exercising, and getting enough sleep are important for keeping your body healthy
 - Reduces the risk of heart disease, diabetes, and cancer
- Mental health
 - Talk to a therapist, manage stress, and ensure you have a strong support system
- Screenings
 - Depending on your age, gender and health history, your doctor may recommend screenings
 - Screenings may include mammograms or colonoscopies
 - These often find issues in the early stages when treatment is more successful

My HealthFinder Tool

- Provides screenings and vaccines recommended for your specific age and gender
- Use this resource to discuss with your primary care doctor what is best for you and your lifestyle
- Available from The Office of Disease Prevention and Health Promotion:
<https://odphp.health.gov/myhealthfinder>



PREVENTATIVE CARE GIVES YOU THE BEST CHANCE AT HAVING A LONG, HEALTHY LIFE.

PREVENTATIVE CARE CHECKLIST:

Primary Care Check-Ups	Date Completed
Appointment Information:	
Appointment Information:	
Vaccines	Date Completed
Vaccination Name:	
Vaccination Name:	
Vaccination Name:	
Health Screenings	Date Completed
Screening Type:	
Screening Type:	
Screening Type:	
Screening Type:	

Notes:
