Take Steps Towards Healthy Living

Preventive care includes health services that are used to prevent illnesses, disease, and other health problems, or to detect illness at an early stage when treatment is likely to work best.

1. Make Time For Yourself.
   ✓ Everyday make time for exercising, eating healthy, relaxation, and sleeping.

2. Get Screened. Get Tested.
   ✓ Have screenings done regularly!

3. See Your Doctor Regularly.
   ✓ Seeing your doctor every year for well-checks and visits is important even if you are doing well.

4. Take an active part in your health.
   ✓ Ask your doctor questions about your health.
   ✓ Take classes about your health needs.

5. Keep up with your health information.
   ✓ Sign-up with MyChart to get access to your health information.

START HERE

- Flu Shot
- Blood Pressure Check

These should be done every year.

KEEP GOING…

You are on your way to Preventative Health!
Here is the GREEN LIGHT for more Preventative Health Services that may be right for you…

**Adults**
- Alcohol misuse screening and counseling
- Obesity Screening and counseling
- HIV Screening
- STD Prevention Counseling
- Wellness Check-up
- Cholesterol Check
- Type 2 Diabetes Screening
- Depression Screening
- Tobacco use screening and cessation interventions
- Vaccinations

**Women**
- Well woman visits
- Cervical cancer screening
- Breast Cancer screening
- Vaccinations
- Prenatal Care
- Postnatal Care
- Breastfeeding Support and counseling

**Children & Adolescents**
- Well-Child Check-ups
- School Physical Exams
- Height, Weight, and BMI Measurements
- Vision Screening
- Autism Screening
- Oral Risk Health Screening
- Behavioral Assessment
- Depression Screening
- Developmental Screenings
- School Physical Exams
- Vaccinations
- Obesity screening and counseling

**Adults 65+**
- Colorectal Cancer Screening
- Depression Screenings
- Osteoporosis screening for women
- Type 2 Diabetes Screening
- Vaccinations

Contact your doctor about specific services that are recommended for you.


Preventative Health is Healthy Living!