

What is Preventive Care?

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Preventive care includes a variety of health care services focused on helping you maintain good health. Regular medical care focuses on treating illness, while preventive care aims to keep you from getting sick in the first place.

Practice Preventive Care

When preventive care is combined with leading an overall healthy lifestyle, you can significantly increase your chances of avoiding chronic conditions in the first place.

Consider the following tips for practicing preventive care:

- Schedule a general checkup
- Avoid excessive alcohol and tobacco use
- Exercise regularly
- Ensure you're up to date on your vaccinations
- Eat a balanced diet
- Get screened as recommended

With preventive care, you and your family could catch signs of health issues before they become more serious. Don't wait until it's too late – contact your doctor today to discuss your preventive care options.

Need Assistance?

If you need assistance, please contact Member Advocacy at **800-563-9929** or scan the QR code to access your Beneportal.



Take Advantage of Preventive Care through our Health Plan!

Our health plan covers preventive care services at no cost to you! These services include the following:



Annual Checkups



Health Screenings



Immunizations



Lab Tests