Preventive Care & You

According to the U.S. Centers for Disease Control and Prevention, chronic diseases are responsible for 7 of 10 deaths each year. Additionally, 86% of the nation's health care costs are from treating chronic conditions, like heart disease, Type 2 diabetes and obesity. Fortunately, preventive care can help you address these health issues before they become a more serious and costly problem.

What is preventive care?

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.
Examples of preventive care include the following:

- Physical examinations
- Health screenings
- Lab tests
- Counseling
- Immunizations

Is preventive care enough to avoid developing chronic diseases?

When preventive care is combined with leading an overall healthy lifestyle, like eating well and exercising, you can greatly increase your chances of avoiding chronic conditions in the first place.

What's next?

Don't wait until it's too late—contact your doctor today to discuss your preventive care options.