

# 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.

Most health plans must cover a set of preventive services at no cost to you. These services include the following:



**Annual checkups**



**Health screenings**



**Lab tests**



**Immunizations**



**Counseling**

**Why am I being charged a fee for preventive care?**

Your health plan may charge a fee if you receive services from an out-of-network provider or if the preventive service is not the primary purpose of your office visit.

## 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.**

**Exercise regularly.**

**Eat a balanced diet.**

**Avoid excessive alcohol and tobacco use.**

**Ensure you're up to date on vaccinations.**

**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.