

THERE'S A BETTER WAY THAN AN APPLE A DAY

Why preventive health screenings make a healthy difference

Preventive health screenings can help detect disease early when it can be easier to treat. That means a healthier, happier life for you.

WHAT ARE PREVENTIVE SCREENINGS?

Preventive screenings focus on treating a specific health condition or problem. Getting recommended preventive screenings annually are key steps to staying healthy and taking charge of your health. Preventive screenings can include:

- Annual wellness visit
- Colon cancer screening
- Flu shot
- Mammogram screening
- Diabetes management screenings, such as:
A1C blood test, kidney function test and
eye exam

WHY DO REGULAR PREVENTIVE SCREENINGS MATTER?

Regular preventive screenings matter because early detection is the key to successful treatment. Also, regular screenings can help you manage your health conditions, such as:

- High blood pressure
- High cholesterol
- Diabetes
- Heart disease
- Cancer



A study that looked at flu vaccine effectiveness over the course of three flu seasons estimated that **flu vaccination lowered the risk of hospitalizations by 61 percent** in people 50 years of age and older.*

* Centers for Disease Control and Prevention. Key Facts about Seasonal Flu Vaccine. www.cdc.gov/flu/protect/keyfacts.htm. Accessed August 30, 2016.

WHY SCHEDULE AN ANNUAL WELLNESS EXAM?

The better your doctor knows you, the better your care.

Your annual wellness exam is the perfect time to update your doctor about your diet, exercise, any emotional problems you're experiencing, like feeling blue, alcohol and tobacco use.

Additionally, it's important to talk to your doctor about other issues that may be affecting your health, such as:

- Issues with balance or having trouble walking
- Changes to your hearing or vision
- Problems with a leaky bladder
- Finding ways to stay physically active

With more information, your doctor can recommend the appropriate screenings and lifestyle choices that may help improve your overall health.

AND DON'T FORGET TO GET YOUR ANNUAL FLU SHOT

Getting your flu shot can help protect you from the flu and reduce your risk of hospitalization. It also can protect your family, friends, and others around you who may be vulnerable to the flu.



PREVENTIVE CARE BASICS
SIMPLE WAYS TO TAKE
CHARGE OF YOUR HEALTH

