

PREVENTIVE CARE BASICS: YOUR CHECKLIST

Taking basic steps now can avoid chronic conditions in the future

According to the Centers for Disease Control and Prevention (CDC), six in ten Americans live with a chronic disease. Oftentimes, these chronic conditions could have been prevented by making certain healthy lifestyle choices. If you already have a chronic condition, it's not too late. These steps can still help to control symptoms and improve your overall health

STAY ON TOP OF YOUR HEALTH

Why should you get preventive care?

Preventive care is regular medical care you receive when you are healthy, to help avoid getting sick. Preventive care can also help catch illnesses early, before you begin to experience symptoms. This can help shorten the severity of certain conditions or help you recover more quickly. It can also save you money, since, in many cases, it's less expensive to treat a problem in its early stages.

RISK FACTORS

For chronic conditions

- Tobacco use
- Poor nutrition
- Lack of physical activity
- Excessive alcohol consumption

PREVENTIVE CARE CHECKLIST

Ways to use preventive care

Preventive care services are provided by your medical plan at no cost to you. These services include:

- Yearly physicals
- Immunizations
- Health screenings
- Well-woman exams

Please note, these services are only free when you receive them at an in-network doctor.

NEXT STEPS

Start utilizing preventive care

Along with a healthy lifestyle, taking some basic preventive care steps can immensely improve your health down the road. Make an appointment with your doctor to learn about the preventive care options best for you. To find an in-network doctor, visit <https://www.bluekc.com/consumer/member-benefits/find-a-doctor.html>.

