

# It is Important to Get Preventive Check-Ups

The right health screenings can help you live longer and healthier. Wellness visits can find problems before they get worse. This allows you to get the help and treatment you need. Plus, your doctor can address any health concerns or questions and recommend specialists if needed.

## Well Visits Help Keep You Healthy.

Scheduling an appointment with your Primary Care Provider (PCP) is a good place to start. You can find a new PCP through your health plan if you don't have one. Some screenings are recommended based on:

- Age
- Gender
- Personal health history
- Family health history
- Lifestyle choices

Your PCP can help you find out if you are due for any tests or vaccinations.

## Know Your Family History.

Do you have close family members with certain health conditions? It is important to let your doctor know. Your family history might impact your health. Your doctor can check your risk for conditions like:

- Heart disease
- Diabetes
- High blood pressure
- Stroke
- Cancer
- And more

## Make Healthy Choices.

Your doctor might ask you about your health history and lifestyle. Making healthy choices can help reduce your risk of illness. Some choices can improve your health like:

- Eating healthy foods like fruits and veggies
- Being active
- Choosing not to smoke
- Managing any current health conditions

Ask your doctor about other steps you can take to improve your health.

