

# TAKE ACTION

## Preventive Care and Your Health Care Costs

If you're not going to your annual health checkup or physical, you may be missing out on potential health care cost savings.

Yes, that's right. Visiting your primary care physician once a year for a checkup can help keep your health on the right track and reduce your overall health care costs.

Studies show that receiving regular preventive care services can help detect illnesses or chronic conditions early, lowering the long-term cost of treatment.

### What Is Preventive Care?

Preventive care differs from regular medical care because it doesn't necessarily involve treating illness. Instead, preventive care focuses on keeping you healthy and avoiding illness in the first place.

Examples of preventive care include:

- Physical examinations
- Standard immunizations
- Blood pressure, diabetes and cholesterol tests
- Cancer screenings

## How Can Preventive Care Save Me Money?

Preventive care can help you save money on your health care in a variety of ways. To start, many preventive care services are covered by insurance, which means you may not have to pay any out-of-pocket costs.

And, as mentioned before, preventive care can help you identify areas in which you can improve your health to keep illness and disease at bay. For example, making changes to your diet and exercising more could lower your risk for a handful of costly conditions like heart disease and Type 2 diabetes.

### What's Next?

Don't wait any longer to schedule your annual checkup—your body and your wallet will thank you. Give your doctor a call today to set up an appointment.

If you don't have a primary care physician, don't worry—it's easier than you might think to find a doctor. Remember, it's never too late to start focusing on your preventive care.

