# Preventive Care

Preventive care is one of the most important things you can do to maintain good health. Preventive care can reduce your risk for disease and death, but millions throughout the country are not getting the preventive care they need. According to the Centers for Disease Control and Prevention (CDC), an estimated 41 percent of adults delayed or avoided medical care during the COVID-19 pandemic. It's important to understand what preventive care is, and make sure that you and your family are getting the care you need.

## What is Preventive Care?

Preventive care is intended to avoid sickness or other health problems, while diagnostic care is treatment a patient receives for a condition that has already occurred. Preventive care includes regular wellness appointments like annual physicals, and other measures such as screenings, lab work, and immunizations aimed at preventing illness. Dental check-ups and mental health screenings are also part of preventive care. Preventive care can help patients avoid future health problems and helps physicians catch existing problems early, providing more options for treatment and often better outcomes. Many preventive healthcare services are covered by most insurances.

## The Importance of Preventive Care

Preventive care is all about catching potential problems before they become big problems. It's easy to take a reactive approach to healthcare and only visit the doctor when you're feeling sick, but even people who are perfectly healthy can benefit from preventive care. Preventive care can improve long-term health, increase lifespan, and reduce overall health care costs. There is no one-size-fits-all approach to preventive care. Your primary care physician (PCP) will determine what type of preventive care is best for you based on your gender, overall health status, medical history, and age.

## Preventive Care for Kids

Preventive care is important at all ages, including newborns and infants. Early preventive care appointments can ensure healthy growth and development, and immunizations can protect against disease. Typical preventive care measures for newborns and young children include:

- Well-child visits
- Vaccines
- Autism screenings
- Developmental and behavioral screenings
- Hearing and vision testing

## Coming This Month:

**Understanding your Healthcare Benefits for Preventive Screenings**
.............................................March 11th

**ConnectCare3 Staff Highlights**
.............................................March 18th

**Know Your Numbers**
.............................................March 25th

## Wellness Webinar

Bite Size Nutrition Tips from the CC3 Registered Dietitians
Register Here

............................................. April 13th

For assistance on your health and wellness journey, contact ConnectCare3 at info@connectcare3.com or by calling 877-223-2350.

ConnectCare3 is available to those on the health insurance plan. Talk to your benefit representative to see if your company is enrolled.

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## Preventive Care & Vaccinations

Vaccines are among the most important preventive care measures for newborns and young children. The CDC urges parents to vaccinate their children on time to provide immunity to harmful diseases before exposure. According to the CDC, vaccinations are effective and safe, and without proper immunization your child could be at risk for serious illness and death from diseases such as whooping cough and measles. You can learn more about the recommended vaccine schedule from the CDC here.

Vaccines are thoroughly tested for safety and effectiveness. But some parents still have questions and concerns about the safety of immunizing their children. In recent years, some have questioned the link between vaccines and autism. However, according to both the CDC and the American Academy of Pediatrics (AAP), there is no scientific evidence to support a link between vaccination and autism. The AAP has a list of studies about vaccine safety available online.

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## Preventive Care for Adults

Preventive care becomes increasingly important as we get older. The U.S. Preventive Services Task Force recommends a number of screenings and tests for adults. Your doctor can help determine what screenings you need. Common preventive screenings for adults include:

- Vaccinations
- Blood pressure screenings
- Cholesterol checks
- Blood glucose level screenings
- Breast cancer screenings (mammogram)
- Colorectal cancer screenings (colonoscopy)

You can find a full list of recommendations made by the U.S. Preventive Services Task Force here. Men and women have different needs when it comes to preventive care. As they get older, men should get regular screenings for prostate cancer, abdominal aortic aneurysms, and other diseases. Women should regularly schedule Pap smears and mammograms to check for cervical and breast cancer, and men and women should be regularly screened for colorectal cancer.

Preventive care can save the life of you or someone you love. According to the CDC, chronic medical conditions such as cancer, diabetes, and heart disease now account for seven out of ten leading causes of death in the United States. Preventive care can be the key to mitigating risk factors for serious chronic illnesses. If you're not sure where to start, talk to a ConnectCare3 representative or your primary care physician about the right kind of preventive care for you.

## Sources:

Mayo Clinic. "Importance of Preventive Health Care During Covid 19 Pandemic". Accessed at https://newsnetwork.mayoclinic.org/discussion/importance-of-preventive-health-care-during-covid-19-pandemic/.

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