January Wellness Action Message

Quarterly Theme: Wise Health Care Consumer

Take Action: Schedule Your Preventive Care Visits

Preventive care can help you live a longer, healthier life

Preventive care is what you do to stay healthy — like your annual checkup, cancer screenings, and immunizations. It helps people live longer, healthier lives by lowering risks of developing chronic diseases. But only 8% of U.S. adults aged 35 and older received recommended preventive services, according to a 2015 study.[1]

Importance of prioritizing preventive care
Preventive care can help you:

- Identify problems sooner — when they're easier to treat.

- Reduce your risk of developing other health conditions, including chronic diseases and severe illnesses from infectious diseases.

- Lower your health care costs: By staying healthier, your health care costs are reduced.

- Extend your life — with fewer health conditions, you're more likely to live longer and with better quality of life.

Diagnostic vs. preventive care: Preventive care is what you do *before* a problem is identified and is no cost to you when you see a doctor in your network.

Diagnostic care is often based on the results of a preventive test or screening, like a follow-up to check for something that may have been detected during the preventive visit. The follow-up visit would be considered diagnostic and you would be responsible for any copays and cost sharing for the visit.

Start the New Year off right: Schedule your annual checkup with your primary care provider. During your visit, your doctor will determine what tests or screenings are appropriate for you based on your age, gender, overall health, personal and family health history, and any chronic health concerns.

You can also see which screenings and vaccinations you and your family need to stay healthy with the U.S. Department of Health and Human Service's MyHealthFinder (health.gov/myhealthfinder).

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[1]Borsky A, Zhan C, Miller T, Ngo-Metzger Q, Bierman AS, Meyers D. Few Americans receive all high-priority, appropriate clinical preventive services. Health Aff (Millwood) 2018;37(6):925–8.

Medica's Resources

- Review the difference between preventive care vs. non-preventive care: Preventive Care Overview

- My Health Rewards – My Care Checklist. When you complete the Health Assessment, you will receive a personalized preventive care checklist based on your age, sex and health situations. Use it to stay on top of appointments, tests and immunizations. You will also receive 250 points for each preventive care completed.