



Preventive health guidelines

The importance of preventive health care

Remember the old saying that “an ounce of prevention is worth a pound of cure.” This can be especially true when it comes to preventive health care. And, better health may help lower your health care costs.

Maintaining or improving your health is important; and a focus on regular preventive care, along with following the advice of your doctor, may help you stay healthy. Routine checkups and screenings may help you avoid serious health problems, allowing you and your doctor to work as a team to manage your overall health.

What is preventive care?

Preventive care focuses on maintaining your health, and establishing your baseline health status. During a preventive visit your doctor will determine what tests or screenings are appropriate for you based on many factors such as your age, gender, overall health status, personal health history and your current symptoms or chronic health concerns.

Even if you're in the best shape of your life, a serious condition with no signs or symptoms may put your health at risk. Through a preventive exam and other routine health screenings, your doctor may detect the early warning signs of more serious issues to provide early treatment.

Online preventive guidelines tool

At www.uhpreventivecare.com you can identify your age and gender-specific preventive care recommendations allowing to help you manage your health and reach your overall health goals.

You can use this information to talk with your doctor to make health decisions that meet your lifestyle and daily habits and help you live a healthier life.



Visit
www.uhpreventivecare.com
to identify your preventive care guidelines.

It's easy and fast.

- ▶ Sign up for e-mail reminders
- ▶ You can print and email results.
- ▶ You will find additional preventive health resources and much more.

