

Why Get Preventive Screenings?

Health screenings are an affordable, convenient, and effective way to understand your risk for developing chronic health conditions. They use modern medical technology to identify potential problems before you have symptoms.



UNDERSTAND YOUR RISK

Early detection of risk for stroke and cardiovascular disease enables you to work with your doctor to develop an action plan, with the goal of preventing chronic disease. Some risk factors you can control: smoking, maintaining a healthy weight, and being physically active, for instance. Preventive screenings provide powerful information, enabling you to have even more knowledge regarding your risk.

PREVENTABLE DISEASES

Many diseases can be avoided by having routine vaccinations. An illness such as the flu can result in a significant setback for older adults as well as numerous trips to the doctor and expensive medications. Receiving the recommended vaccinations works to avoid these health costs and contracting preventable diseases.

DECREASED COSTS

While preventative care comes at a cost to the consumer, the cost in the long run is much less with preventative care. Even with good insurance, preventable conditions such as heart disease and diabetes pose a significant yearly out-of-pocket cost. Seeing a doctor regularly may help to reduce the need for costly procedures in the future.

INCREASED LIFE SPAN

By detecting health risks as they occur, the average person may add a significant number of years to his or her life. Cancer, for example, is often detected in the early stages with regular exams. However, after this disease has progressed, it may not be possible to treat it effectively. Seeing a doctor regularly can improve quantity and quality of life.