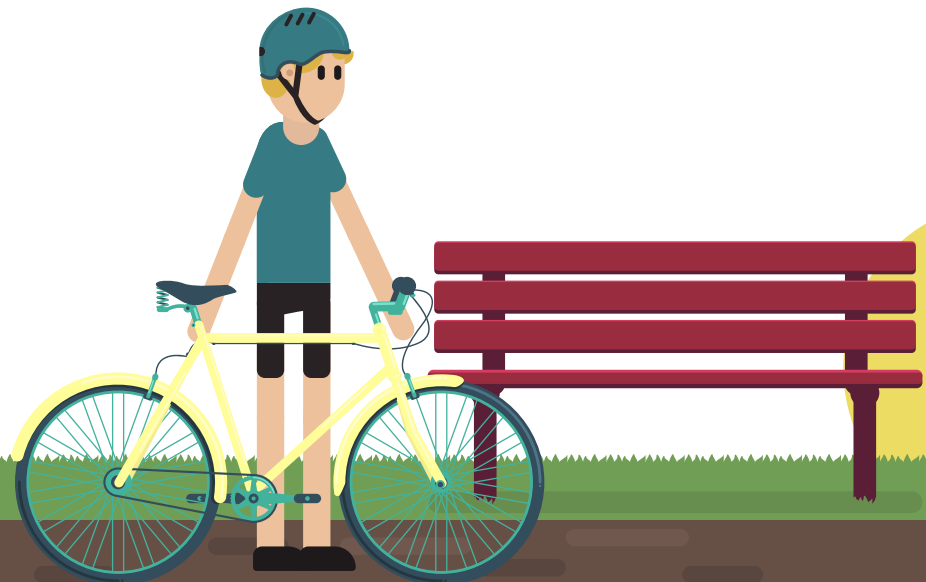


Tips for Success: Preventive Care

Using preventive care can help you address health issues before they become a more serious and costly problem. The following tips will set you up for preventive care success.



1

Find the right doctor.

Research shows that patients who have a good relationship with their doctor receive better care and are happier with the care they receive.

The first step is to find a primary care doctor, which can require a great deal of care and consideration.

- Make sure you find a doctor who is in your insurance network.
- Ask other questions to determine if the doctor will fit your needs, such as average wait times for appointments or if the doctor has experience or specializes in a particular disease.

2

Be open and honest with your doctor.

Tell your doctor about your health history, your family's health history, symptoms, medications and any allergies you have. If you do not share relevant information, your doctor may never ask or may assume there is nothing important he or she needs to know.

-
- Withholding information may make it difficult for your doctor to determine the best preventive care route for you to take.

3

Ask questions.

Your doctor works hard to keep you healthy, but quality health care is a team effort. Make sure to ask questions if you don't understand what your doctor is saying or if you are wondering why a certain course of treatment or prescription is recommended.

This is **especially** important to do before receiving health services. Not every insurance plan covers services the same, so it's important to ask to avoid confusion and high costs later.

4

Follow your doctor's instructions.

Given that many diseases are curable, preventable or treatable, following your doctor's orders is vital for maintaining good health. Your doctor's diagnosis and treatment plan are useless if you do not follow his or her advice.

- Not following orders can include not filling a prescription, not taking medication as directed, not attending or scheduling a follow-up appointment, and failing to make a lifestyle change as directed.

If you are confused about anything your doctor recommends, don't be afraid to ask questions.

5

Make lifestyle changes.

In its broadest definition, prevention includes a healthy lifestyle, exercise, diet and other similar efforts. When preventive care is combined with a healthy lifestyle, you can greatly increase your odds of avoiding costly chronic conditions in the first place.

Examples of healthy lifestyle changes include the following:

- Avoiding tobacco and alcohol
- Exercising regularly
- Maintaining a healthy weight
- Eating a healthy diet and limiting your intake of unhealthy foods
- Managing your stress

6

Questions?

Staying healthy and containing your health care costs doesn't have to be difficult. We're here to help!