Stay Ahead With Preventive Care

Preventive care is the care you get when you are feeling mostly fine. Things like checkups, screenings, vaccines, and routine dental visits help catch small issues early and lower your risk for serious illness later.

What counts as preventive care?

Primary care visits usually fall into three buckets: care to prevent problems, care when you are sick or hurt, and care to manage ongoing conditions. Preventive care is the care you get before symptoms start, so you and your clinician can spot risks early and make simple changes now rather than face bigger issues later.

Screenings and health counseling	Routine immunizations	Dental and oral health care
• Counseling on nutrition, activity, sleep, and weight • Blood pressure and cholesterol checks • Cancer screenings • Type 2 diabetes screening • Tobacco & alcohol screening	• Flu and COVID-19 • Tetanus and whooping cough (Td/Tdap) • HPV • Shingles and other age or risk-based vaccines	• Regular dental exams and cleanings • X-rays as recommended • Early treatment of cavities and gum disease

Three simple steps for kickstarting the year

1 Choose a provider.

Choose a primary care clinic and save their contact info; if you have virtual or in-home care, set up the app now.

2 Schedule key visits

Schedule your yearly wellness visit, dental checkup, and any age- or risk-based screenings your provider suggests.

3 Set reminders

Put visits on your calendar, turn on text reminders, and jot down a few questions for each appointment.