



## What is preventive care?

*Preventive care includes health services like screenings, check-ups, and patient counseling that are used to prevent illnesses, disease, and other health problems, or to detect illness at an early stage when treatment is likely to work best. Getting recommended preventive services and making healthy lifestyle choices are key steps to good health and well-being.*

Centers for Disease Control and Prevention. (2015). Preventive care: Everyone needs an ounce of prevention. Retrieved from <https://www.cdc.gov/prevention/index.html>.

<p><b>TESTS</b> BLOOD PRESSURE DIABETES CHOLESTEROL</p> 	<p><b>CANCER</b> <b>SCREENINGS</b> MAMMOGRAMS AND COLONOSCOPIES</p> 	<p><b>INTERVENTION</b></p> <ul style="list-style-type: none"> <li>quit smoking</li> <li>lose weight</li> <li>eat healthy</li> <li>identify depression</li> <li>reduce alcohol use</li> <li>avoid sexually transmitted diseases</li> </ul> 
<p><b>VACCINATIONS</b> FLU, PNEUMONIA, MEASLES, POLIO, MENINGITIS AND OTHER DISEASES</p> 	<p><b>REGULAR VISITS</b> WELL-WOMAN, WELL-BABY, AND WELL-CHILD</p> 	<p><b>CARE</b> FOR HEALTHY PREGNANCIES</p> 