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 once of prevention. Retrieved from https://www.cdc.gov/prevention/index.html.

Contact your Wellness Health Educator, Tanner with any questions or concerns at tkingery@ouraycountyco.gov