



Prevention 101

Knowing What You Need and When to Get It

WHAT is Preventive Care?

Preventive care is getting the right kinds of preventive health services—screenings, counseling, immunizations and preventive medicine—at the right times. It’s about protecting your health by knowing what you need and when to get it.

Preventive care focuses on staying well. In fact, many of us only think of health care when we’re ill or treating a disease. In other words, being reactive to our health, rather than managing it.

WHAT Is the Value of Preventive Care?

Practicing preventive care has been proven to enable people to live longer, healthier and more fulfilling lives. Just a small improvement in preventive care can yield big results for you and your loved ones.

As this graphic shows, women are more likely to receive preventive care exams than men at every age level.

With colorectal and prostate cancers occurring more often for men at a younger age it is more important than ever for men to get in the habit of preventive care.

