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# Prevention really is the *best* medicine

## Preventive care counts

You don't need to feel sick to see your doctor. In fact, the best time to go is *before* you have a health issue.

Maybe you need a flu shot. A health screening. Or perhaps you'd just like some tips to live healthy.

That's preventive care.

## No extra costs

Most health plans fully cover preventive care. So you and your family may get these important services at no cost.

That's right. No copays, deductibles or coinsurance (a percent of the total cost). Just check your plan details.

## More healthy services

Preventive care starts with a checkup.

It can also include:

- Flu, pneumonia and other shots
- Blood pressure, diabetes and cholesterol tests
- Counseling, screening and vaccines for healthy pregnancies
- Cancer screenings, including colonoscopies and mammograms

Preventive care isn't limited to shots and screenings. One-on-one discussions with your doctor count, too. Like exploring ways to stop smoking, eat healthy or exercise.

## Preventive versus diagnostic care

Let's say your doctor wants you to have a colonoscopy because of your age or family history. That's *preventive care*. Remember, this usually costs nothing extra.

On the other hand, your doctor might suggest a colonoscopy because you're having symptoms. That's *diagnostic care*. You may have to pay part of the costs.

## A yearly checkup for years of rewards

Regular physicals are a key part of preventive care. They can reassure you that you're as healthy as you feel. Or prompt you to ask about changes in your body that might not be normal.

### What to expect

Your doctor will measure your height, weight, blood sugar, cholesterol and blood pressure. These results, along with your health history, give your doctor a clearer picture of your health. So he or she can build a personal care plan for you.

A checkup can also:

- Get you up to date with the right screenings for your age
- Spot signs and symptoms that could lead to serious illness
- Help with early diagnosis and treatment

Plus — it can help you build a better relationship with your doctor, for better health.

Sources: Content from Aetna Inc. and the U.S. National Library of Medicine. MedlinePlus® website. Available at: [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus). Accessed June 5, 2015.

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