



R I BAR ASSOCIATION

# Preventive Care

Many chronic illnesses can be largely prevented through partnership with your healthcare team.



Did you know that chronic diseases such as heart disease, cancer, and diabetes are responsible for 7 of every 10 deaths among Americans each year and account for 75% of the nation's healthcare spending? These chronic diseases can be largely prevented through partnership with your healthcare team. Treatment for chronic diseases works best when they are detected early.

This is why preventive care is so important.

Preventive care includes annual wellness exams, flu shots, and cancer screenings. These services can prevent illness, disease, and other health problems, or detect illness at an early stage when treatment is likely to be most effective. Getting your recommended preventive services and making healthy lifestyle choices are key steps to good health and wellbeing.

The first step is establishing a relationship with a primary care physician (PCP) and getting an annual wellness exam. Your PCP can diagnose and treat a full range of health issues, recommend specialists trained to treat specific health concerns, help you prevent disease and stay healthy. Seeing a PCP costs less than going to the emergency room or urgent care.

Some services are free too! Due to healthcare reform, a wide range of preventive services including your annual wellness exam with your PCP, are covered at 100%. Consult your healthcare provider for a list of preventive care screenings that are offered at no cost.

There is power in prevention. If everyone in the United States received their recommended preventive care, we could prevent over 100,000 chronic conditions each year.

Source:

Centers for Disease Control and Prevention: <https://www.cdc.gov/prevention/>

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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