

WHY VISIT A HEALTHCARE PROVIDER IF I AM NOT SICK?



Regular health exams and tests can help find problems before they arise. They can also help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps to improving your likelihood for a longer, healthier life. Your age, health, family history, lifestyle choices (i.e., what you eat, how active you are, whether you smoke), and other important factors affect your healthcare needs.

An annual wellness visit with your Primary Care Physician can:

- Monitor blood pressure/heart rate
- Watch cholesterol levels
- Keep you up-to-date with vaccines for flu, pneumonia, and shingles
- Perform screenings for colorectal, cervical, prostate, and breast cancer
- Screen for osteoporosis

If you are diabetic, your Primary Care Physician can:

- Monitor A1c blood levels and microalbumin levels
- Help keep you up-to-date with eye exams
- Assist in keeping your diabetes well-controlled

Take control of your health. Schedule an appointment with a healthcare provider to discuss what screenings and exams you need and when you need them.

Where can I go for health services?

The best place to go for health services is your regular healthcare provider. If you are looking for a provider, visit the Online Provider Directory at www.aultcare.com/findaprovider or contact a member of AultCare's Care Coordination team at 330-363-2421.