

# What does it mean to get Preventive Care?

## + Annual Check-Ups

Regular check-ups with your healthcare provider are essential for maintaining good health. These visits allow for early detection of potential health issues, ensuring timely intervention and better outcomes.

## + Annual Vaccinations

Vaccines help protect you from preventable diseases and boost your immune system. Annual flu shots and other recommended vaccines can reduce your risk of illness and prevent the spread of diseases to others.

## + Annual Screenings

Screening tests are vital for identifying health conditions that may not show symptoms until they become serious. Regular screenings for conditions such as high blood pressure, cholesterol, and certain cancers can detect issues early when they are most treatable.

## + Bi-Annual Dental Visits

Regular dental visits are important for maintaining oral health and preventing common issues like cavities, gum disease, and tooth decay. Bi-annual cleanings and check-ups ensure that your teeth and gums stay healthy and strong.

