

## The importance of preventive care

Preventive care is extremely important, especially as your body ages and you are more susceptible to various diseases. Health screenings and check-ups are considered preventive care. According to the Centers for Disease Control and Prevention (CDC), regular health exams and check-ups are important because they can help find problems before they start. If you detect the problem early, your chances for treatment and finding a cure are better. Most preventive care is considered an essential health benefit and is covered under the Affordable Care Act.

### Health screenings

If you have a family history of a certain disease, then a health screening might be the best form of preventive care. Health professionals can do preventive screenings as a way to analyze and reduce your risk for conditions and diseases. There are a set of preventive screenings that doctors recommend for all older adults. These screenings include:

- Blood pressure, diabetes, and cholesterol tests
- Cancer screenings
- Cardiovascular disease screenings
- Making sure you're up-to-date on immunizations

Don't let cost stop you from seeking preventive care. You can talk to your health care doctor and find out what preventive care services are covered with your plan.

### What is included in ACA plans?

There are some preventive care options that are included in Affordable Care Act plans. These include:

- Evidence-based preventive services (screenings for diabetes, vitamin deficiencies, etc.)
- Routine vaccines
- Prevention for children
- Prevention for women

Guidelines for preventive care included in ACA plans are always changing. For a full list of covered preventive care services, click [here](#).

## Interested in learning more?

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APC MKTG 2022-21



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