

Why Preventive Care Is Foundational to Your Overall Health

Your best approach for staying healthy is to prevent illness from ever starting. In fact, preventive care is foundational to your overall well-being. Annual exams, check-ups, screenings, tests, and vaccinations can help you stay well and catch problems early—when they are easier to treat.

Since many of the top risk factors for illness and premature death are preventable, getting an annual exam is a wise decision. Set yourself up now for a healthier you by scheduling your regular medical, dental and vision check-ups in advance!

During your visit, you can expect your provider to:

Medical Exam	Dental Exam and Cleaning
<ul style="list-style-type: none"> • Check your height and weight. • Measure your blood pressure and heart rate. • Listen to your heart and lungs. • Look in your mouth and ears. • Feel your lymph nodes. • Examine your skin. • Take a blood sample to test various indicators. • Administer a flu shot and/or other recommended vaccinations. • Depending on your age, conduct a breast exam or prostate exam as well as order additional tests/screenings. 	<ul style="list-style-type: none"> • Examine your teeth, gums, cheeks, tongue, and neck. • Check for cavities, loose fillings, broken teeth, or other issues. • Clean any plaque build-up on your teeth. • Polish your teeth.
	Vision Exam

Caterpillar’s health plans offer many in-network preventive services at **no cost to you**. Check with your provider about which types of preventive care are best for you.

Source: Centers for Disease Control and Prevention (cdc.gov)

Total health