

PREVENTING DISEASES BEFORE THEY START

We all want to be healthier and live longer.

That's why regular preventive health care services, like checkups, blood pressure checks and flu vaccines, are so important. These services help you stop or catch problems before they become serious, manage chronic diseases and lower any health risks. Preventive services help you live well. Plus, there is little or no cost if you're enrolled in your state's Medicaid or Children's Health Insurance Program (CHIP).

Schedule an appointment with your doctor or local health clinic today!

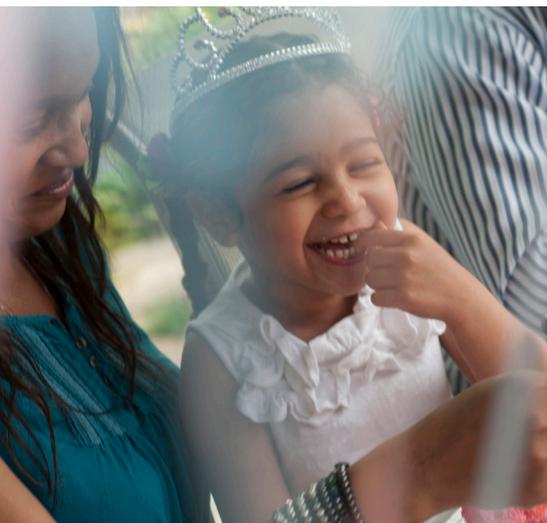
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WHAT ARE SOME IMPORTANT PREVENTIVE CARE SERVICES FOR ADULTS?

- **Regular wellness visit or checkup:** A checkup includes talking with your doctor about your health and family history, a physical exam, any vaccines or laboratory tests you may need, and steps you can take to keep yourself healthy.
- **Blood pressure screening:** Having high blood pressure puts you at risk for heart disease and stroke. This simple test can help you and your doctor make a plan to lower high blood pressure. Steps may include eating a healthier diet, being active, not smoking or adding a medication.
- **Body Mass Index (BMI) assessment:** BMI is a way to measure body fat. It helps you and your doctor look at your risk for health issues such as heart disease, high blood pressure, type 2 diabetes, breathing problems and certain cancers. You can work with your doctor to find steps that can help you get a healthy BMI for you.
- **Breast cancer screenings:** Mammograms, x-ray screenings or pictures of the breast, and clinical breast exams help you find breast cancer when it is most treatable.
- **Cervical cancer screenings:** Cervical cancer affects a woman's reproductive organs. The Pap test and the human papillomavirus (HPV) test can help find cervical cancer early when it is easiest to treat.
- **Vaccines:** Vaccines, also called immunizations, help keep you from getting diseases that are easy to catch and can make you really sick. One example of a vaccine is the flu shot.

WHAT ARE SOME IMPORTANT PREVENTIVE CARE SERVICES FOR CHILDREN?

Well child visits, or checkups, are important at any age. They are a time to talk to your child's doctor about vaccines, nutrition, physical activity, and to make sure your child is developing appropriately. Screenings include medical, mental health, vision, hearing, developmental and dental checks to prevent, or find, and treat problems early. Screenings can also be scheduled outside of a regular checkup if you, your child's doctor, or another professional thinks a screening is needed.



- **Infants:** Pediatricians recommend frequent checkups in your baby's first year to make sure your infant gets the right vaccines to stay healthy. These checkups also help your doctor track your infant's growth and development.
- **Children:** Regular checkups help doctors track vision, hearing and speech development throughout childhood, catching problems early. Checkups are a time for you and your doctor to make sure your child has the vaccines and health and dental care they need. Checkups also help make sure your child is ready for school.
- **Teens:** Teens need checkups too. They are a time for you and your teen to talk to the doctor about behavior issues, depression, tobacco and substance use, violence and injury prevention, sexual health and healthy eating.

These services are part of the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit for children in Medicaid and CHIP. More information is available on [Medicaid.gov](https://www.Medicaid.gov).



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