

THE VALUE OF PREVENTIVE CARE

Preventive care, also known as routine healthcare or preventive services, refers to healthcare measures and interventions designed to prevent the onset or progression of illnesses and health conditions.



Why is Preventive Care Important?



Health Risk Management

Through regular health checkups, screenings and tests, healthcare professionals can detect risk factors or early signs of chronic conditions. This allows for timely intervention and management, preventing serious health issues in the future.



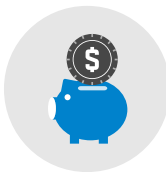
Early Disease Detection

Early identification of issues through preventive services like cancer screenings enables you to address diseases when they are more manageable, even before symptoms appear.



Boost Your Overall Well-Being

By preventing or managing chronic conditions, preventive care can enhance overall productivity and quality of life. Healthier individuals are more likely to engage actively in work, relationships, and other aspects of life, leading to a more fulfilling and satisfying existence.



Reduce Your Healthcare Costs

Preventive care can lead to cost savings in the long run by preventing the development of serious health conditions that may require expensive medical treatments. This financial relief contributes to overall well-being by reducing the economic burden associated with healthcare.



Make Your Health A Priority

Take advantage of your preventive care services to boost your overall wellness, prevent diseases and reduce your overall health care costs.

Under the **Affordable Care Act (ACA)**, most health plans must cover a set of preventive services at no cost to you when delivered by a provider in your plan's network.

Check out [healthcare.gov](https://www.healthcare.gov) for a full list of covered preventive services for all adults, women and children.



Questions?

If you have any questions regarding preventive care benefits, please reach out to your HR Team.

The information provided in this document is intended for informational purposes only and is subject to change without notice. Please refer to the summary plan description (SPD) for a complete description of benefits and exclusions.