

Fold on dotted lines and tape ends together.



The Benefits of Preventive Care

Preventive care includes the screenings, exams, tests, and immunizations that serve to prevent or identify potential health problems. Here's an example of a preventive care service:

Wellness Visit

This type of healthcare visit goes by a lot of names, but it's essentially your annual exam. Your doctor checks your height, weight, heart rate, and blood pressure. A fasting blood draw is often done to check your cholesterol and glucose levels.

Want more?

Learn more about other types of preventive care services to keep you healthy at PacificSource.com/PreventiveCare.

**HEALTHY LIFE**

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