



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**.