

Participant Materials

Preventive Care Campaign

Week One: Preventive Care Basics

Prevention Today Keeps Problems Away



Watch The Video

Click here to watch *Prevention Today Keeps Problems Away* by GBS Medical Director, Dr. Russell Vinik.

Take The Quiz

- Which definition best describes preventive care?
 - Routine health care that includes screenings, check ups, and patient counseling to prevent illness, disease or health problems
 - Routine health care that addresses pre-existing health conditions
 - Any type of visit to a primary care physician
- How often is it generally recommended to have a preventive care visit?
 - Every five years for men and every two years for women and children
 - Annually for all genders and ages
 - Annually for women and children and every other year for men until age 40+ unless at an increased risk for chronic conditions
- T / F: Almost all plans are required to cover preventive services without co-insurance or co-pays.
 - True
 - False
- T / F: Insurance companies are required to provide rosters of providers.
 - True
 - False
- Please share something you learned from this recording:





GBS Health & Wellness

Understanding Preventive Care

Annual preventive care is crucial for overall health. Staying on top of regularly scheduled doctor appointments, screenings, vaccinations, and disease management can make all the difference in catching a disease before it further develops. This flyer will help categorize the difference in necessary preventive screenings amongst males, females, and children along with providing a few helpful resources to stay current and in control of one's health.

Knowing what is recommended and expected at a preventive care visit can be daunting. Try out this [calculator](#) to see what a doctor recommends based on age and gender at a preventive visit.

Make sure to ask questions to stay in charge and maintain good health!

Adults

As we age the list of preventive screenings increase. This is to ensure a developing disease is detected and treated prior to becoming unmanageable. Beginning at the age of 18, adults should undergo these preventive screening exams and develop a relationship with a primary care provider. Please consult with a doctor to confirm what applies to each individual's health.

- Physical Exam
- Sexually Transmitted Disease (STD)
- Body Mass Index (BMI)
- Blood Pressure
- Mental Health Screening

► Females

Ask a provider about cervical exams, breast cancer screenings, lipid disorder exams and colorectal exams.

► Males

Ask a provider about lipid disorder exams, colorectal exams, and prostate screenings at annual preventive care screening.

Children

Beginning at a few days old it is recommended that children receive the appropriate screenings and vaccinations to ensure health. [Click here](#) to review preventive screening requirements for children ages newborn to 17 years old.

Self-advocating at a preventive exam can make all the difference in early detection. Utilize this [Checkup-Checklist](#) to prepare for an annual exam by doing the four things noted. It is always best to ask questions and speak up if something seems abnormal!

Hyperlinks:

- <https://health.gov/myhealthfinder>
- <https://www.healthcare.gov/preventive-care-children/>
- <http://medbox.iiab.me/modules/en-cdc/www.cdc.gov/family/checkuplist/index.htm>

References

- <https://www.healthcare.gov/preventive-care-women/>
- <https://familydoctor.org/mens-guide-preventive-health-care/>
- <https://www.sanfordhealth.org/campaign/care-during-covid19>



Doctor Visits

It is important to keep a personal medical record. If you are ill or injured and require emergency care, doctors, nurses, or paramedics will have many questions about your medical history. You may not remember the details of your health history in a moment of crisis, so it is essential that you have a copy of your medical record in your wallet or purse.



The average doctor visit lasts only **15 - 20 minutes**. During that short time a great deal of information is shared between doctor and patient. With a little research and planning, you can make sure you get all you need out of your visit.

Preparation is Key

While your time with the doctor may be limited, adequate planning will help ensure that you both get the information you require.

- ▶ Make a list of the questions, symptoms, and concerns that you want to discuss.
- ▶ Ask your doctor questions if you do not comprehend something. You deserve to understand all the information about your condition or treatments.
- ▶ Know your symptoms and explain them clearly to the doctor. Your doctor needs accurate, factual information in order to help. Be open and honest. Some symptoms may be embarrassing, but they may be vital to your diagnosis.
- ▶ Make sure to inform your doctor of your allergies or if you are taking any medications.
- ▶ Find a doctor with whom you are comfortable. This will make it easier for you to have open discussions, tailor your treatment, and ultimately receive better care.

Ask-the-Doctor Checklist

Use this checklist as a guide to help you prepare for any doctor visit:

Before Your Visit

- Prepare a list of your medications you are taking, including herbal supplements and over-the-counter medications.
- Compose a list of your symptoms and concerns. If you have seen a different doctor before for a similar problem arrange for a copy of your medical records to be sent to your current physician.

During Your Visit

- State your problem or concerns first.
- Describe your symptoms.
- Describe any past experiences with the same problem.

If your doctor prescribes medication during the visit, ask the following:

- What is the name of the medication?
- Are there less expensive alternatives to this medication?
- What is the purpose of this drug?
- How should I take this drug?
- What are the common side effects?
- Are there any other medications (prescription or over-the-counter) that I should avoid while taking this medication?

At the End of Your Visit

Ask the following:

- Should I return for a follow-up visit? When?
- How can I obtain my test results?
- Should I watch for any specific problems or side effects?
- Is there anything else I need to know?