



## Focus on Preventive Care

Are you up to date on your preventive care? Getting routine preventive care can help you stay healthy and detect problems at early stages, when they may be easier to treat.

**Preventive care** is meant to evaluate your health when you are symptom-free.

**Diagnostic care** is separate from preventive care and includes care or treatment when you have symptoms that your doctor wants to diagnose.

### Get Regular Medical Checkups

Even though you may feel fine, getting regular checkups can help you reduce your risk of developing health issues. In addition to physical exams, regular checkups focus on preventive care such as:

- [Screening tests](#) » to catch diseases early
- **Routine vaccinations to prevent disease**
- **Education and counseling to help you make informed health decisions**

All County Medical Plans have a \$0 copay for preventive care and cover certain vaccinations in full when utilizing in-network providers.

### Get Regular Vision Checkups

Did you know your eyes can show early signs of serious health problems? It's true! In addition to spotting vision changes, regular eye exams can help identify early signs of:

- **High blood pressure**
- **Diabetes**
- **Heart disease**
- **High cholesterol**
- **Glaucoma**
- **Cataracts**

Having 20/20 vision doesn't necessarily mean your eyes are perfectly healthy so remember to schedule your annual eye exam. Check out the [Vision Plan Allowances](#) » and the [Freedom Pass](#) » discount should you need to purchase frames and lenses.

Already had your annual vision exam for 2023 or just want to learn more? EyeMed is big on vision wellness and has many resources on caring for your eyes, nutrition to promote health vision, and breaking down your vision by age.

Visit [Eye Site on Wellness](#) » today!

### Get Regular Dental Checkups

Remember to schedule your dental checkups and cleanings! Below are some of the many reasons why professional dental care is important to oral and overall health:

- **Detect cavities early** while they are still minor and easier to treat
- **Detect gum disease early** as many people do not realize they have it
- **Detect oral cancer early** before it becomes advanced
- **Check your teeth** for surrounding decay or other issues
- **Review oral hygiene routines** to establish and maintain good habits at home

County Dental Plans offer two free preventive, routine cleanings when utilizing in-network providers, per plan year from January 1st through December 31st.

When you regularly obtain preventive care from your dentist, you may see a benefit when you need to have additional minor or major dental work such as a filling or crown. If you are enrolled in the Cigna Dental PPO or the Delta Dental PPO, there is an added benefit of a progressive feature where your out-of-pocket cost for these minor and major services decreases. The plan pays more when you or your covered family members regularly receive preventive care!

View your [Dental Plan Summary](#) » to learn more.



**Questions?**

Call Employee Benefits  
602-506-1010