



CareHere!

# HealthMatters

NEWSLETTER

APRIL 2018

## THE POWER OF PREVENTION

Each year in America, 7 of every 10 deaths can be linked to chronic diseases, such as diabetes and heart disease. Preventive healthcare helps you live a longer, healthier life. If you already have a chronic condition, these services also help you from getting sicker.

### QUICK FACTS

- **Preventive healthcare is simple.**  
It's as easy as scheduling regular check-ins with your healthcare provider. The goal of these appointments is to find and treat disease as soon as possible.
- **Preventative healthcare saves lives.** When caught early, you and your provider can formulate a plan to manage certain conditions, nip them in the bud and return you to full health quickly.

### CAREHERE HEALTH COACHING

Along with preventative healthcare, choose healthy foods, exercise regularly and avoid tobacco to help you get well and stay well. Connect with a Certified Health Coach to:

- Discuss the results of your annual checkup and formulate a wellness roadmap to help you achieve your health goals.
- Learn how to build habits that will help you feel your best.
- Receive ongoing support as you work through changes that make the most sense for you.

### CAREHERE HEALTH & WELLNESS CENTERS

Partner with your CareHere Health & Wellness Center to receive these top notch preventative health services:

- **Health Risk Assessment (HRA):** This screening consists of a blood test, vital signs and questionnaire. The results identify your unique risk factors.
- **Annual Physical Exams:** A complete check-up allows you and your provider to review and discuss your health.
- **Screenings:** Depending on your gender, age, medical and family history, you may benefit from additional testing for certain conditions.
- **Vaccinations:** Receiving routine vaccinations can help prevent diseases, along with flu and certain kinds of pneumonia. Check with your health center to find out what is recommended and available to you.

Schedule an appointment with your health center or coach by calling  
**877.423.1330 or visit [CareHere.com](http://CareHere.com).**

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