LARIMER COUNTY

HEALTH UPDATE

The Power of Prevention

CHECK UP ON YOUR HEALTH

Preventive health habits can save your life.

Improve your long-term health with these preventive health tips.

COMPLETE A PREVENTIVE EXAM ANNUALLY—IT'S 100% COVERED*

Preventive health is covered 100% when you see an in-network provider for your exam. Complete a biometric screening at your next preventive exam—this includes a blood test that measures your blood sugar, triglyceride, and cholesterol levels. These tests and a preventive exam can help your doctor view a better picture of your current health and identify any issues early when they are more treatable.

PRACTICE EARLY DETECTION WITH CANCER SCREENINGS

Early detection is proven to reduce death from common cancers including breast, cervix, colon and rectum, prostate, and lung cancer. Regularly complete at-home self-exams when possible and connect with your doctor right away if you notice any changes in your health. Stay up to date on appropriate clinical **cancer screenings** based on your age and health history.

GET YOUR RECOMMENDED VACCINES

Reduce the threat of cold, flu, COVID-19, and certain cancers when you receive the vaccines that are right for you. Vaccines can help protect against preventable or deadly diseases. Protection from certain vaccines can wear off over time. Talk with your doctor about vaccines you and your family should receive as part of your preventive health plan. **Or, use this tool to find out which vaccines you may need.**