

# Preventive health guidelines



## The importance of preventive health care

Remember the old saying that “an ounce of prevention is worth a pound of cure?” This can be especially true when it comes to preventive health care. And, better health may lower your health care costs.

Maintaining or improving your health is important; and a focus on regular preventive care, along with following the advice of your doctor, can help you stay healthy. Routine checkups and screenings can help you avoid serious health problems, allowing you and your doctor to work as a team to manage your overall health.

## What is preventive care?

Preventive care focuses on maintaining your health, and establishing your baseline health status. During your preventive visit your doctor will determine what tests or screenings are appropriate for you based on many factors such as your age, gender, overall health status, personal health history and your current symptoms or chronic health concerns.

Even if you're in the best shape of your life, a serious condition with no signs or symptoms may put your health at risk. Through a preventive exam and other routine health screenings, your doctor can detect the early warning signs of more serious issues to provide early treatment.

## New online tool

At [www.uhcpreventivecare.com/oxford](http://www.uhcpreventivecare.com/oxford) you can identify preventive care recommendations that may be right for you based on your age and gender, to help you manage your health and reach your overall health goals.

You can use this information to talk with your doctor to make health decisions that meet your lifestyle and daily habits and help you live a healthier life.

## It's easy and fast

- ▶ You can print and e-mail results.
- ▶ You will also find health tips and much more.



Visit [www.uhcpreventivecare.com/oxford](http://www.uhcpreventivecare.com/oxford) to identify preventive care guidelines that may be right for you.



These guidelines are generally based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) and of the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention. They are provided for informational purposes only, and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your Oxford member identification (ID) card. Oxford HMO products are underwritten by Oxford Health Plans (NY), Inc., Oxford Health Plans (NJ), Inc. and Oxford Health Plans (CT), Inc. Oxford insurance products are underwritten by Oxford Health Insurance, Inc.