

An ounce of preventive care is worth a pound of cure

A daily ounce of prevention, practiced with a few simple steps, can help you prevent a host of diseases and live a long and healthy life. It's also easier and costs you less than managing the effects of an unhealthy lifestyle later!

1. Visit Your Doctor

When you have a regular checkup with your health care provider, bring along a copy of your Checkup Checklist from Medica and use it to talk to him or her about getting the preventive care you need. Getting to know your provider during these visits also helps ensure you'll be treated effectively when a medical concern does come up.

2. Eat Your Superfoods

"Superfoods" not only nourish you, but work with your body to improve your health and prevent common diseases. These superfoods harness the power of phytochemicals abundant in fruits, vegetables, whole grains, beans and nuts.

3. Get More Active

Regular physical activity lowers the risk of heart disease, stroke, type 2 diabetes, high blood pressure, metabolic syndrome, and colon and breast cancers. Regular activity prevents weight gain, prevents falls, reduces depression and allows older adults to experience better mental function.

4. Manage Your Weight

Managing your weight doesn't have to be complicated by fad diets or excessive exercise. Regularly eating right and being physically active aren't just a "diet" or a "program" – they are keys to a healthy lifestyle. Exercising regularly and eating "superfoods" are key to managing your weight.

5. Stimulate Your Mind

Like other body parts, your brain can deteriorate if you don't take care of it. Developing interests, pursuing hobbies, having lively conversations with interesting people, doing crossword puzzles and other mentally invigorating activities can help you stay mentally agile.

6. Get Enough Sleep

Sleep is vital for good health. Research shows that regular inadequate sleep increases the risk of having high blood pressure, heart disease and other medical conditions. For most adults, 7 to 8 hours a night appears to be the best amount of sleep, although some people may need more or less.

7. Maintain a Positive Outlook

Thinking positively about life won't automatically make you healthier. But research shows that optimists may gain an edge in wellness and prevention and in treatment when illness strikes.

Let Medica help you stay well – check out these resources

Download an immunization schedule for you and for your family members. Go to medica.com/preventivecare. If you don't have access to the Internet and would like a copy, call Customer Service at the number shown on the back of your ID card.

Work one-on-one with a personal health and wellness coach. If you're ready to make changes to improve your health, you don't have to go it alone. Call 1-866-905-7430 to talk to a health and wellness coach.¹

Browse the latest news and information about preventive care. Visit the Medica Web site at medica.com and click on the Health and Wellness Resources by HealthForums.com link, then enter "preventive care" in the search window.

¹If available through your employer.

QUICK TAKES – Preventive Screenings

Preventive screenings provide objective measures of your current health status and help you keep track of what's going on over time. Here are some reasons why they are important to get on a regular basis.

- Screenings are your best chance to detect changes in your health because they identify health problems before they become more serious.
- When you catch medical problems early, there's a good chance that they will be less complicated to treat and easier to cure.
- You can avoid more expensive health problems later.
- They help your doctor understand your health status.

Personalized preventive health reminders from Medica

Prevention is really the best medicine. That's why Medica sends personalized health reminders to certain members who may need routine health checkups. These reminders feature a personalized Checkup Checklist that lists preventive care needs, such as checkups that are overdue and those that are coming due in the next 12 months. Separate reminders are sent to each family member; reminders for children under age 12 are addressed to their parent or guardian.

Medical Checkup	Routine Recommended Care	Date of Last Service	Date of Service Coming Due	Record Any Personal Notes Here
<input type="checkbox"/> Childhood Preventive Health Visit A comprehensive exam of health needs and risks with a health care provider.	4-6 years of age: 1 visit. 7-9 years of age: 1 visit. 12 years of age: 1 visit. 15-18 years of age: 1-2 visits.	9/23/05	Schedule By 11/23/07	
<input type="checkbox"/> Chicken Pox Shot A childhood immunization to protect against chicken pox.	4-6 years of age: 1 dose.	9/23/05	Schedule By 11/23/07	
<input type="checkbox"/> Diphtheria, Tetanus & Pertussis Shot A childhood immunization that protects you against diphtheria (bacterial), tetanus (bacterial) and pertussis (whooping cough).	11-12 years of age: 1 dose (Tdap).	02/21/06	Schedule By 11/23/07	
<input type="checkbox"/> Flu Shot An immunization that helps prevent influenza, an upper respiratory illness.	One shot between October and March every year for ages 6 months through 5 years of age.		Schedule During 10/07 - 3/08	If there is a vaccine shortage, check www.medicam.com for more information.
<input type="checkbox"/> MMR Shot A childhood immunization to protect against measles, mumps and rubella (childhood illnesses).	4-6 years of age: 1 dose.	9/23/05	Schedule By 11/23/07	
<input type="checkbox"/> Polio Shot A childhood immunization to prevent polio, a disabling condition that can lead to loss of movement from a virus that attacks the spinal cord.	4-6 years of age: 1 dose.	9/23/05	Schedule By 11/23/07	

Preventive services help keep you from having future health problems

Examples of covered preventive screenings:

- Blood pressure screenings
- Immunizations
- Prenatal care
- Routine checkup (physical)
- Breast cancer screening
- Cervical cancer screening - pap smear
- Colorectal cancer screening
- Cholesterol testing
- Vision and hearing screenings

For more information on preventive screenings and a complete list of what services are covered under your preventive care benefits go to medica.com/preventivecare.

Take action today! Visit medica.com/managemyhealth.