

## The Importance of Preventive Care

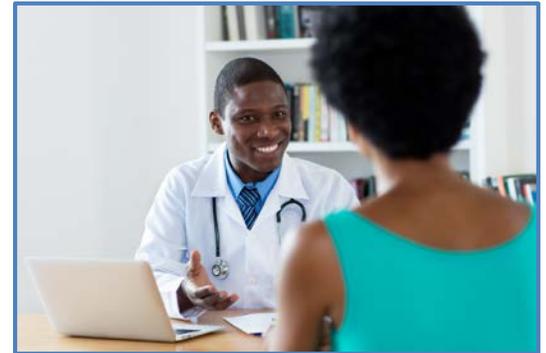
A workforce that uses its fully covered screenings and preventive care benefits is best when it comes to managing and controlling employer-sponsored health care costs. Research shows that Americans use preventative care services at about half the suggested rate. Preventive care and early disease detection can help decrease health care costs for your business.

### Three types of preventive care

**Primary prevention:** These are actions aimed at preventing your employees from getting a disease or developing a chronic condition.

**Secondary prevention:** This deals with early detection that improves the chances for positive health outcomes.

**Tertiary prevention:** This is trying to improve quality of life and reduce symptoms of a disease, cancer or chronic condition already in place.



### Be proactive

According to Healthy People, a federal program administered by the U.S. Department of Health and Human Services, routine cardiovascular exams alone save tens of thousands of adult lives each year, while vaccines save the lives of roughly 42,000 children on an annual basis. Preventive health screenings and primary care consultations have also been found to significantly increase life expectancy particularly among the 30- to 49-year age group.

### Encourage prevention

Within your organization, you have the ability to remind your employees about preventive care services they can receive through their health care plans. Here are some things you can do:

- Offer well-being programs
- Clearly communicate preventive care benefits to employees
- Encourage employees to review their medical records
- Provide incentives for employees to receive preventive care
- Offer flex-time so employees can visit their doctors

Sources: [cdc.gov](http://cdc.gov)\*, [publichealth.org](http://publichealth.org)\*, [iwh.on.ca](http://iwh.on.ca)\*, [hbr.org](http://hbr.org)\*, [emro.who.int](http://emro.who.int)\*

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