



AGING WELL SERIES

Benefits of Prevention

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Preventive services are a type of routine health care that includes screenings, check-ups, and counseling to prevent illnesses, disease, or other health problems. Insurance, whether private, Medicare or Medicaid, often will pay for preventive health services.

There are many health benefits and reasons to get preventive services. Some are:

- To prevent diseases by knowing your risks and making changes.
- To save money by finding health problems and treating them early.
- To stay healthy and avoid taking sick days from work or school.
- To live a longer and better quality of life.

Eating healthy foods, drinking plenty of water, exercising, and getting enough sleep each night are good things for everyone to do to improve health and well-being.

Some recommendations to keep children healthy include:

- Well-child visits: children over 3 years old should get a physical every year.
- Talk to a healthcare provider about vaccines (shots) for your child.
- Children over 6 months old should get a check-up with a dentist.

Adults 18 to 64 years old may improve their health by utilizing preventive services. All adults should:

- Have a yearly physical exam.
- Get a flu shot each year.
- Talk to their healthcare provider if they are feeling stress, anxiety, or depression.

Men need to check their testicles every month for lumps or changes and talk with their healthcare provider about any trouble getting an erect penis.

Women need to check their breasts every month for lumps or changes and talk with their healthcare provider about bleeding, cramping or bloating.

Staying healthy at 65 years old and beyond includes avoiding and preventing falls and spending time with family and friends.

To learn which health services you need for your age and family history, visit:

<https://www.cdc.gov/prevention/index.html>

TIP: Before scheduling health services, it is best to connect with your healthcare provider and insurance company to determine need and eligibility for preventive care.

Helpful Resources

American Cancer Society

<https://www.cancer.org/>

Centers for Disease Control and Prevention

<https://www.cdc.gov/>

National Institute of Health

<https://www.nih.gov/>

U.S. Department of Health and Human Services

<https://www.hhs.gov/>