



BLOG

Prevention in Primary Care: 3 Ways to Stay Ahead

Watch Over Time

- Vital signs and lab trends
- Lifestyle factors too
- Early signs of chronic disease

Questions to Ask

- Which screenings am I due for?
- How are my numbers trending?
- Who coordinates my specialists?

Stay on Track

- Wellness checkups and screenings
- Nutrition, exercise and stress help
- Telehealth follow-ups on results



Read the full article

The Lifesaving Power of Routine Primary Care: Why Prevention is Key

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General information, not medical advice. Your provider can tell you
what is right for you.