5 reasons to get preventive health care

🍎 **MyHealthfinder** helps you **take good care** with recommendations for preventive services — like checkups, screenings, and vaccines.

1.
It can save your life.

Preventive services like cancer screenings can find problems before you have symptoms — so you can tackle them while they're easier to treat.

2.
It can stop you from getting sick.

Sometimes, preventive care can even keep health problems from developing altogether.

3.
It can give you peace of mind.

Regular checkups give you the chance to share concerns and ask questions about your health — and to get the support you deserve.

4.
It can save you money.

Most insurance plans cover preventive services, and there are free or low-cost options if you don't have insurance. Plus, finding problems early can help you avoid costly medical bills later.

5.
It can help you be there — and feeling your best! — for the people that matter to you.

Because sometimes, taking care of yourself is the best way to care for the people you love.

Go to health.gov/TakeGoodCare to learn more