

# 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](https://www.health.gov/TakeGoodCare) to learn more

# Preventive Health Services For Adolescents

**Rachel Sandford**



**Preventive Health Services For Adolescents:**

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **Preventive Health Services For Adolescents** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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