



**With the theme of Preventative Care for March, here is a message from HSBT:**

Did you know that treating chronic conditions accounts for 90% of the nation's health care costs? And, that chronic diseases are the leading causes of death and disability in America? While these statistics from the U.S. Centers for Disease Control and Prevention (CDC) are startling, fortunately, the majority of chronic conditions can be avoided or better controlled with proper preventive care.

**What is preventive care?**

While regular medical care focuses on treating illness, preventive care aims to keep you from getting sick in the first place by focusing on helping you maintain good health. Examples of preventive care may include the following:

- Physical examinations
- Health screening
- Lab tests
- Counseling
- Immunizations

Preventive care occurs before you feel sick or notice any symptoms and is designed to prevent or delay the onset of illness and disease. The CDC states that treatment for chronic diseases works best when they are detected early.

**Why should I use preventive care?**

Preventive care is important because it helps you stay healthy and access prompt treatment when necessary. For example, many types of screenings and tests can catch a disease before it gets worse. Starting treatment or lifestyle changes before a disease starts or while it is still in its early stages will help you stay healthier or recover more quickly.

Additionally, preventive care can save you money by helping catch problems in the early stages when most diseases are more treatable. The cost of early treatment or diet or lifestyle changes is less than the cost of treating and managing a full-blown chronic disease or serious illness.

Ultimately, preventive care can improve the quality of your health for years to come. And, when preventive care is combined with leading an overall healthy lifestyle, like eating well and exercising, you can greatly increase your odds of avoiding costly chronic conditions in the first place!

**What's next?**

For more information on preventive care and your health, contact your doctor! No doc? No problem!

**Download the Anthem Sydney App** for health and claims tracking, medical plan info, scheduling an appointment with an In-Network PCP, and estimating costs for specialty procedures.

Interested in knowing what care after preventive care looks like? [Learn more about Anthem's Cost & Care Finder here.](#)

**Visit the HSBT Health & Wellness Center** for acute and preventive medical care including physicals, immunizations, labs, testing and medications.

To schedule a clinic appointment call **317.497.6140**. Please bring your driver's license and insurance card to your appointment.