

## **Preventive Care: The Best Medicine**

We believe that prevention really is the best medicine. That's why we offer preventative benefits like immunizations and check-ups to help you and your family stay healthy.

### **Share with Your Primary Care Provider**

One of the most important ways to practice preventive care is to establish a good relationship with your primary care provider. The better your primary care provider knows your health concerns, the better your care will be. Your primary care provider should know your:

- Risks for specific diseases
- Immunizations
- Medications
- Allergies
- Medical and surgical history
- Family history
- Social history
- A review of any current symptoms

In addition, your primary care provider should provide important counseling about injury prevention, diet and exercise, substance use, needed immunizations and drug therapy. You can then work together to develop a routine examination schedule and additional types of preventive care tailored to your health concerns and lifestyle.

### **Play It Safe**

Routine visits with your primary care provider are important to keep you healthy and counseled on injury prevention, but they can't actually prevent injuries. That's why practicing injury prevention is just as important as getting routine check-ups, eating healthy, maintaining a moderate weight, exercising regularly, and managing stress. Injury prevention focuses on the things you can do every day to help reduce the risk of accidents and injuries like wearing your seatbelt or using the proper equipment when you exercise.

Dental Care is also an important part of staying healthy. The following are general recommendations in practicing preventive dental care:

- Have regular visits to a dental care provider
- Floss, brush with fluoride toothpaste daily
- For babies - seek advice about baby bottle tooth decay



Other advice for parents on children's dental health can be found on the American Academy of Pediatric Dentistry website at <https://www.healthychildren.org/English/healthy-living/oral-health/Pages/default.aspx>

Information on Dental Care for babies and children can be found in the Dental Tips Section of the TennCare Kids website at <https://www.tn.gov/tenncare/members-applicants/dental-services.html>

### **Preventive Services**

Below are some preventive card links to review. These links are taken from the Agency for Healthcare Research and Quality (AHRQ) Website Bright Futures/American Academy of Pediatrics website. These recommendations are considered “gold-standard” for clinical preventive services, and they include prevention measures that should be taken to help lead you to a healthier and safer life.

The complete Agency for Healthcare Research and Quality and the U.S. Preventive Services Task Force's Recommendations statements are available along with their supporting scientific evidence at <https://www.uspreventiveservicestaskforce.org/BrowseRec/Index/browse-recommendations>

United Healthcare Community Plan has adopted the Bright Futures/American Academy of Pediatrics recommendations for Preventive Health Care. These recommendations may be found at [https://www.aap.org/en-us/Documents/periodicity\\_schedule.pdf](https://www.aap.org/en-us/Documents/periodicity_schedule.pdf).