A preventive care visit is an important step. Even if you’re in the best shape of your life, some serious conditions may have no signs or symptoms. And that could put your health at risk.

But here’s what you need to know. Through a preventive exam and other routine health screenings, your doctor can often detect the early warning signs of more serious issues. Preventive visits are also your chance to ask questions and learn better ways to take care of yourself – ways that can help you when you’re healthy and when you’re sick. To better understand what services are considered preventive care, you can get a quick reference guide here.

Your health is important. Call your doctor and schedule an exam today.

Visit our Well Way website at:

http://riskmanagement.dadeschools.net/wellway/index.asp

You can also call our On-site Wellness Coordinators, Ronenia Jenkins at 305-995-7409 or Lourdes Amaya at 305-995-7140.