

make it yours

Aon Active Health Exchange™



The power of prevention

Did you know that annual health exams and screenings are fully covered—as in **free**—by your medical plan when you use in-network doctors and facilities? If it's been a while since you last saw your primary care doctor for a checkup, it may be time to put preventive care back at the top of your to-do list. If you need help identifying a primary care doctor, call your medical carrier for help identifying a good match.

There are plenty of reasons to take charge of your health:

- Routine screenings such as mammograms, colonoscopies, and prostate exams can help detect certain cancers.
- Getting an annual physical exam—complete with a step on the scale and a quick trip to the lab for bloodwork—can provide insight into your overall health and reveal underlying risk factors for chronic conditions.
- For children, regular visits to your pediatrician help you track their growth and ensure they are talking, walking, and developing at the expected pace.
- Don't forget to schedule your preventive dental and vision exams. Signs of diabetes, high blood pressure, and high cholesterol can be detected through an eye exam.

In short, keeping up with preventive care is an easy thing you can do to help lead a healthy life.

Start scheduling those overdue appointments and take advantage of the free preventive care benefits available to you. Check with your medical plan for a list of covered preventive care services. Your future self will thank you.

Consider virtual visits

Some doctor's offices are scheduling months out, so take time today to book those appointments. You can also check with your medical plan and learn more about virtual primary care visits that may be available (and more convenient).

Benefits and services available may vary from plan to plan—please refer to your plan's Summary Plan Description for exact coverage details. This article is not intended to provide medical advice. Aon does not recommend or endorse a particular course of medical treatment. If you have any questions concerning your medical condition or any drugs, treatment plans, or new symptoms, consult your health care provider.