



DID YOU KNOW?

- 60% of U.S. adults have at least one chronic condition.
- 80% of premature heart disease, stroke and diabetes are preventable.
- Keeping up with your preventive care may help you live longer and have a better quality of life.
- Your primary care provider and your health plan can connect you to resources to help you learn about healthy lifestyle habits.



Join state employees on the Healthier U Connections wellness platform for year-round access to wellness articles, healthy recipes, a fitness library, and more! Log in to [Healthier U Connections](#) to access new resources on this month's topic: **Nutrition**. Register at www.calhrwellness.com using your work email address (*Registration Code: StateofCA*).

Preventive Care: A Healthy Habit to Get Into

A preventive care visit helps determine how healthy you are now, and whether any changes to your health are happening over time. Regular screenings can help you minimize or avoid serious or chronic illnesses by detecting and treating them early.

Wellness Exam: Do You Need One?

Routine physical exams are generally recommended annually if you're age 50- plus, and once every three years if you're younger than 50 and in good health. If you have a chronic condition, such as diabetes, heart disease or other ongoing medical conditions, you may need to see your health care provider more often, regardless of your age.

The purpose of a wellness exam is to create and manage a personalized disease prevention plan. It can identify and monitor any health risk factors to help you live a longer, stronger life.

Your health care provider may suggest more or less time between checkups based on personal risk factors, screening test results, current health, family history and lifestyle choices, such as diet, physical activity and tobacco use.

Vaccinations Protect Your Health

Vaccines are one of the safest ways for you to protect your health. They work with your body's natural defenses to help you safely develop immunity to disease. In the U.S., vaccines have greatly reduced or eliminated several infectious diseases that once took many lives. However, the viruses and bacteria that cause these diseases still exist, and they can still make us sick if we aren't vaccinated against them.

Immunization is especially important for those with chronic medical conditions, including diabetes, heart disease, prior stroke, liver disease, renal disease, HIV infection, asthma and weakened immunity.

Consider the flu. Most people who become sick with flu recover in a few days. But those with chronic disease can develop serious complications, such as pneumonia, bronchitis and sinus infection. Their weakened immune systems can raise their risk for flu-related side effects and worsen their health problems.

Check with your health care provider about which vaccines you need.