



health  chats

PREVENTATIVE

CARE

.Our Sponsors





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.Today's Topics

01

Benefits of
Preventative Care

02

General Screenings

03

Preventative Care for
Mental Health

04

Cancer Screenings

05

Myth Busting

06

UnitedAg Resources
and Q&A





- 01 Improves quality of life
- 02 Early detection, treatment of chronic diseases
- 03 Reduces preventable deaths
- 04 Increases life expectancy

.The Benefits



.General Screenings

Prediabetes
and diabetes

01

02

Hypertension

Obesity

03



04

Infectious diseases

Domestic violence

05

- Substances such as alcohol, tobacco, etc.
- Nutrition and physical activity
- Obstructive sleep apnea

06

Lifestyle risk factors





Mental Health

It's just as important as your physical health

Depression

- Feeling down, depressed or hopeless
- Little interest or pleasure in doing things

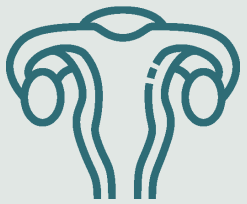
Anxiety

- Feeling nervous, anxious or on edge
- Not being able to stop or control worrying



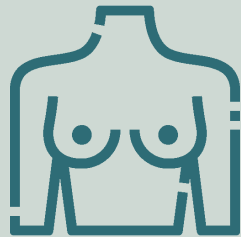


.Cancer Screenings



Ovarian

No general
recommendation



Breast

Women ages
50 to 75



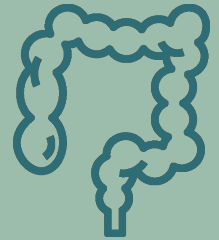
Cervical

Women ages
21 to 65



Prostate +
testicular

No general
recommendation



Colorectal

Everyone ages
50 to 75



.Myth Busting

Vitamin
Supplements

Aspirin

Screening for
Smokers



.Resources

Health & Wellness Centers

unitedag.org/wellnesscenters



Biometric Screening & Flu Shot Events

Contact clientservices@unitedag.org

