

# Have You Visited the Doctor This Year?

Visiting your primary care doctor at least once a year is essential to keeping your health on the right track. In fact, those who take preventive care seriously tend to be healthier and lead more productive lives. Take a look at the following three ways you can benefit from scheduling your annual checkup:

1

## Control Chronic Diseases

According to the Partnership to Fight Chronic Disease, nearly 100,000 lives could be saved each year with preventive care services. In other words, visiting your doctor for an annual checkup can help you detect and receive treatment for chronic conditions before they cause serious health problems.



2

## Establish a Baseline

If you schedule annual checkups, your doctor will likely be more familiar with your personal health history. This knowledge will help create a health baseline, allowing your doctor to detect any unusual or abnormal health concerns before they become a more serious issue.



3

## Form a Relationship

Research shows that patients who have a good relationship with their doctor receive better care and are happier with the care they receive. Going to your annual checkup will help strengthen the relationship between the two of you, increasing your trust and comfort in the care you receive.

