Taking Charge of Your Health: Why Preventive Care Matters

You probably have heard how important preventive care is, but not everyone has stayed on top of their health, especially during the pandemic. To put it simply, preventive healthcare focuses on improving your overall wellness through a combination of activities like annual physicals, healthcare screenings and immunizations. While some people may not like visiting the doctor until they need to, keeping on top of your health can help keep you out of the doctor's office.

Taking a proactive approach to your health not only keeps you healthier but can also improve the overall quality of your life. Some of the benefits include things like reduced stress, lower blood pressure, more energy, fewer aches and pains, a reduced risk of obesity and fewer sick days. Here are some examples of what preventive care looks like and how it can improve your health:

- **Annual physicals or wellness screenings** – These preventive screenings provide you with a comprehensive overview of your health by measuring your blood pressure, cholesterol, blood sugar and body mass index (BMI). By regularly monitoring these numbers, you can avoid developing a chronic condition like diabetes and are more likely to maintain a healthy weight.
- **Routine vaccinations** – Making sure you're up to date on your vaccinations can help prevent you from getting everything from tetanus to the flu. Ask your primary care provider if all of your vaccinations are current during your annual wellness exam.
- **Cancer screenings** – While they may seem unnecessary if you don't have a family history of cancer - getting regular mammograms, pelvic exams, colonoscopies (if you're 45 or older) and skin cancer screenings will increase your chances of catching any signs of cancer early.
- **Mental health assessments** – When you're feeling healthy mentally, you're more likely to take care of yourself physically so it's important to prioritize your mental health, especially when you're going through a stressful time. Don't be afraid to take time to meditate, go for a walk or seek out behavioral health services for support when you need it.

Learn how you can take charge of your health by visiting the Government Center Clinic by [Marathon Health](#)

Who can get care at the Government Center Clinic?

State of Indiana employees enrolled in a State Personnel Department health plan and their covered dependents age 3+.

Government Center Clinic Hours of Operation

7 a.m. to 4 p.m. Monday through Friday