

Preventive Care



360 Medical 2023 HEALTH PLAN

- Primary Care Physician (PCP) Annual Check
Optometrist Annual Eye Exam
Dermatologist Annual Skin Cancer Check
Dental Cleanings Bi-annual
- Blood Pressure
-Physician Checks Quarterly
-Home Unit checks weekly
- Cholesterol Numbers (Total, HDL, LDL, Triglycerides)
Vitamin D Levels
Fasting Blood Glucose
- Nutritionist
- Lifestyle Screen:
Alcohol, Tobacco, Recreational Drug Use Cessation
- Fitness Plan:
Cardiovascular, Strength, Flexibility, & Balance
- Starting Age / Screenings
40's: Colon Cancer: FIT, Cologuard, or Colonoscopy
40's: Mammograms for Women
40's: Rectal Prostate Digital Exam and PSA number
50's: Lung Cancer Screen w/ history 20 packs/year
50's: Bone Density for Osteoporosis

The CDC and Prevention report states that preventive care screenings can save 100,000's lives each year.

Most people do not have a yearly plan for their health which is the most important aspect of their life.

Routine check ups and simple screenings for conditions such as colorectal cancer, blood pressure, and A1C should all be on your list to check.

If you don't have a customized plan, schedule with the [Nurse Practitioner](#) to create one.

Did You Know?



A1C & Diabetes

A1C is a commonly used test to diagnose prediabetes and diabetes. Higher A1C levels are linked to diabetic complications.

[Click here](#) to schedule a test.



Colon Cancer Awareness Month

Harvard Health indicates early detection is key. Talk to your provider about which screening test is best for you.

- Colonoscopy
- FIT test
- Cologuard

Take action and [click here](#) to schedule with the Nurse Practitioner .

A Word From Our Affiliate



We sit an average of 13 hours a day! This has a negative health impact. Here are some top tips from HSS.

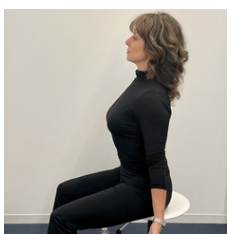
1. Move often! (Every 60 minutes get up and walk)
2. Stretching and strengthening are equally important!
3. Good posture is essential sitting, standing, or walking!

Improve your posture by [scheduling here](#) with one of our MWC providers who have concierge level access to the experts at HSS.

Rehab Corner



Do you want to reduce your chance of low back injury significantly? [Click here](#) to learn a few easy tips to help with day to day activities.



Slouched or slumped posture can lead to headaches, neck pain, and back pain. [Click here](#) for an easy exercise that has a huge impact on posture correction. Do this your desk or anywhere you are sitting or standing!