



## Getting the right preventive care: resources from Consumer Reports

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When you're young, it's easy to skip your annual checkup with the doctor. You feel great, so why bother? When you're older, you might make it to every routine visit. But you may also ask for a little more treatment than is necessary.

Getting the most out of preventive care is about knowing what tests and screenings are right for your age.

The links in this article can help you become aware of what tests and screenings you might need based on your age and gender and what risks to look for.

### Preventive care is essential

When it comes to treating potentially serious conditions, early diagnosis is key. Generally, the earlier you begin treatment for a condition, the greater your chance for a full recovery.

Even if you're in the best shape of your life, a serious condition with no signs or symptoms may be in your body. Simple routine screenings are among the only ways to detect the early warning signs. If a specific condition runs in your family, like colon cancer, it's even more important that you get the recommended screenings for your age and gender.

To learn what preventive care you should be receiving, view the following resources for your age and gender:

- [Living life to the fullest: building healthy habits](#)
- [What may surprise you about preventive care](#)

In most cases, preventive care screenings are covered at 100%, which means there is no cost to you when you receive these covered services—even more reason why you should get preventive care.

By taking a proactive role in your health with preventive care, you can achieve health and vitality.

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*This article is part of a toolkit that supports the Choosing Wisely® campaign, an initiative of the ABIM Foundation in partnership with Consumer Reports to help patients and physicians have conversations about health. The articles, tip sheets and links in the series will provide helpful information on everything from coping with serious illness, to preventive care, to the do's and don'ts of common tests. For more information, see [the rest of the series](#) and all the [Choosing Wisely resources from Consumer Reports](#).*