

Invest in Your Health

Preventive healthcare is one of the best investments you can make. Not only does taking care of your health save you money in the long run, but preventive care also helps you have a longer, healthier, more productive life.

A high burden of chronic diseases drives U.S. healthcare costs, including:

- More than \$1 trillion in total direct costs in 2016
- \$3.7 trillion total cost including lost economic productivity. This is close to 1/5 of the entire U.S. economy.

It is estimated that up to 90% of type 2 diabetes cases, 80% of heart disease cases, 70% of stroke cases, and 70% of colon cancer cases among U.S. adults could be prevented. A combination of regular preventive healthcare practices and healthy lifestyle choices is the best way to invest in your health!

Preventive Healthcare:

- See your primary care physician at least once per year for a physical
- Talk to your doctor about screenings for your sex and age (e.g. mammogram, prostate exam)
- Visit your dentist for a cleaning every 6 months
- Monitor your blood pressure, blood sugar, and cholesterol as needed
- Receive an eye exam every 2 years
- Test for STIs yearly depending on sexual activity

Healthy Lifestyle Choices:

- If you use tobacco, consider a plan for quitting
- Maintain a healthy weight
- Engage in a form of physical activity that works for you
- Eat a well-balanced, nutritious diet
- Moderate your alcohol consumption



To learn more about investing in your health, tune into the monthly Strive webinar.

Wednesday, February 22, 2023
12:00 - 12:30 PM EST



To register for the webinar, please use the link or the QR code:
<https://info.kapnick.com/strive-library>