

30-Day Preventive Care Challenge



If you're like many people, you wait to go to the doctor until you're really sick. And yes, healthcare can be expensive and even nerve-racking. But you could save tons of money — and your body — by catching health risks early or preventing them in the first place!

Set yourself up for the best possible future. Get screenings and check in with healthcare providers to stop risks from becoming problems in the first place.

Your mission: Try one preventive care activity each day (if it applies to you) for 30 days. Use the guide below to help you. Or if there's a prompt you don't like, try your own!



Check off all the days you were able to practice a preventive care tactic.

Click the squares on the left side of each day or print this out and fill them in by hand.



It may be tempting to see your doctor only when you're not feeling well. But putting off care might result in your condition getting worse or other health needs going unnoticed. **Here are some reasons** why you shouldn't wait to see your doctor. So today, book your annual checkup with your primary care provider. If you've already done that this year, check today's challenge off as complete! See if you are eligible for Primary Care 360 and **book your first visit here**.



Now that you have your annual physical on the books, today's challenge is to prepare for it. You can make the most of your visit by taking time to write down your concerns, as well as gather other health info your doctor will need. Check out these **other tips to prepare**.



Having an annual check-in with your health care provider is a great way to be proactive about your health. But some things shouldn't wait for your once-a-year visit. Today, familiarize yourself with these **5 Ways Virtual Primary Care Can Help You Beyond the Annual Checkup**, so you can keep yourself healthy all year long.



Today, take stock of the medications you take, including over-the-counter meds, supplements and prescriptions. Write down any **questions or concerns** you'd like to discuss with your doctor.

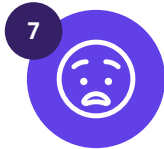


Are you up to date with your vaccinations? Today's task is to read up on why **vaccines** are an important part of preventive healthcare. And if you're eligible for any annual vaccines, such as flu, make an appointment.

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Mental health is an important part of overall health. Depression screening is a regular part of preventive care for many adults. Today, familiarize yourself with the **signs of depression** and get tips on how to manage it.



As with depression, screening for anxiety is recommended for most adults as part of preventive healthcare. Anxiety comes in many forms, but it can be managed. **Read up on anxiety** today.



Eye exams aren't just for people who wear glasses. Regular **eye exams** help catch eye problems and diseases early. If it's been more than a year since your last eye exam, make an appointment today.



Have you had your cholesterol checked recently? This test is an important marker for cardiovascular health. Here are some **things to know about cholesterol testing**.



Getting care is an essential part of preventive health. But so is strengthening self-care skills. Find out why it's important to **prioritize self-care**, and put something just for you on the calendar.



Now, our challenge will start getting into tips for specific health conditions. If they don't apply to you, check off the day as complete and wait for tomorrow's challenge. Today, we're looking at tips for **making the most of your healthcare appointment when you have hypertension**. If that applies to you, read on!



Do you see a kidney specialist? If so, today's challenge is for you. Make the most of your visit with a kidney specialist by **preparing for it today**.



Do you have diabetes? Learn how to **get the most out of your appointment**, and make sure to print out the **doctor's appointment worksheet for diabetes**. You'll be paying special attention to what to track before and after your appointment.



If you have heart failure, your doctor will tell you your blood pressure and dry weight. **Print out this worksheet** before your next appointment so you're prepared to write down these important numbers and other information you'll want to organize.

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You're now halfway through the challenge! Today, give yourself a check for the progress you've made so far. And remember to check in tomorrow as you work your way toward 30 days of preventive care.

16



When you have diabetes, your healthcare appointments may look a little different than they did before your diagnosis. Be prepared by learning what **tests to expect when managing diabetes**.

17



Women have specific preventive health tasks throughout their lives, from keeping an eye on iron to knowing when to schedule a mammogram. Today, take a moment to read through this list of **women's wellness to-dos** for every decade and see if you're on track.

18



Men's health needs also differ as they age. From building up your mental health and social connections to getting regular prostate screenings, **read this article** to see if you're maximizing your preventive health.

19



If you have asthma, managing it effectively keeps the disease from getting worse. Read about **asthma management**, and if your asthma isn't controlled, make an appointment with your doctor today.

20



Chronic pain wears you down and interferes with all parts of life. The good news is, chronic pain can be managed. Read up on **ways to find relief from chronic pain** and when to call the doctor.

21



Regular skin screenings are important for people with higher risk of skin cancer. Whether you have a specific spot to get checked or it's been a while since you've had a full skin screening, **schedule an appointment with a dermatologist** today.

22



Getting enough high-quality sleep is an important part of staying healthy. But for some people, health conditions get in the way. If you snore or wake up tired, you may want to talk to your doctor about getting tested for **sleep apnea**.

23



If you have kidney disease, your doctor will order some extra tests to track your kidney health. Learn about the **tests to expect when you have kidney disease**.

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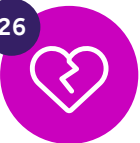
75% of people aren't taking their prescription medications as prescribed. If you fall into that group, find ways to troubleshoot the **most common challenges**.

25



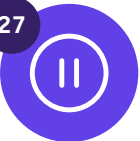
Earlier in the challenge, we touched on the importance of routine vaccinations. If you have chronic conditions, make sure you're up to date with these **three important vaccines**.

26



Are you familiar with the **warning signs of a heart attack**? Early detection can mean the difference between life and death.

27



Menopause may be unavoidable for 50% of the population, but it can be managed. Whether it's in your future or you're currently going through it, read more about what to expect and what you can do to **make menopause more manageable**.

28



Prescription medications are an important part of managing many health conditions. But for some people, side effects can make meds hard to take. If you're experiencing medication side effects, **learn what to do**.

29



Managing your health can get overwhelming, especially if you're dealing with one or more chronic conditions. Know that you're not alone, and seek out ways to **avoid burnout while caring for your health**.

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You've made it to the end of the challenge! Congratulations! Being proactive is one of the best ways you can **take care of yourself for the long-term**.



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