



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD UPON A HEALTHY FOUNDATION

Best Practices In Health Care

YMCA EMPLOYEE BENEFITS



Best Practices in Health Care

Choose a primary care doctor and visit them at least once a year for your annual wellness exam. It is a great time to discuss with your physician what preventive screenings are appropriate for your age, gender, and family history and have them done.

Comply with your prescribed medication therapy. Know the names and dosages of your medications and keep a list of them in your wallet or purse. This way, should an emergency arise and you need to give the information to a medical professional, you'll have them on hand.

Please take the time to take an online health assessment. These questions take only 15-20 minutes to complete but provide you with a baseline of where you stand with your health.

Schedule a periodic eye exam. An eye exam can help diagnose vision problems as well as provide you with a prescription for corrected vision. But, did you know that an eye exam can help uncover systemic diseases such as diabetes, high blood pressure, or atherosclerosis?

Similarly, visit your dentist for teeth cleaning and appropriate care. These preventive visits are typically covered fully by dental insurance and can provide possible indications of systemic health issues. Inflammation is often attributed to many medical conditions and frequently the problem can be found in our mouth. Along with your dental visits, regular brushing and flossing helps to keep your mouth healthy.

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